



The New Edmonds Junior Cookbook has been fully updated with over 70 yummy recipes that are easy to prepare and great for kids learning to cook.

There are sections on Snacks and Soups, Main Meals, Desserts, and Baking and Sweet Treats. Recipes include everything from Avocado Dip to Wiener Schnitzel and Anzac Biscuits to Upside-down Cake. There is also a section on *Hints for Clever Cooks* and some great gift packaging ideas for baking and sweet treats.

With fun illustrations and simple step-by-step instructions, this cookery book is a must for all young aspiring chefs.



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The New Edmonds Junior Cookbook

*Over 70 yummy recipes
illustrated with simple,
step-by-step instructions*

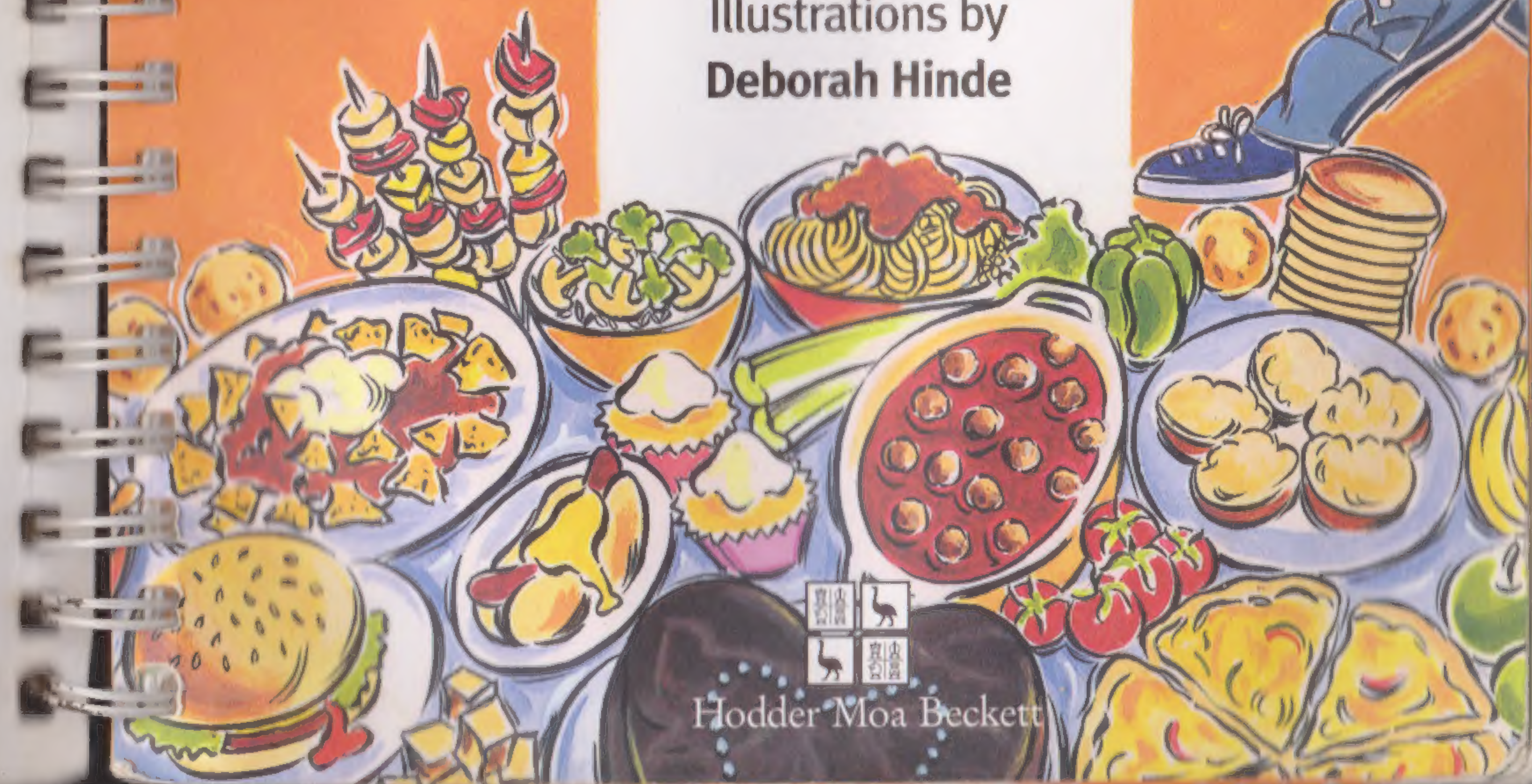




The New Edmonds Junior Cookbook

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Sue Lyons

Illustrations by
Deborah Hinde




Hodder Moa Beckett

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Text by Sue Lyons
Illustrations by Deborah Hinde

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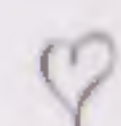
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Hints for Clever Cooks

Always wash your hands before cooking.



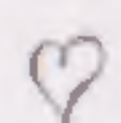
Read the recipe right through before you start cooking.



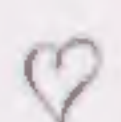
Check all the listed ingredients are on hand.



Make sure you have all the right sized pans, baking tins and other containers needed.



Standard metric measuring cups and spoons were used in each recipe — please use them.



When cooking cakes, different ovens will have different cooking times — push a skewer into cake at end of cooking time — if it comes out clean, cake is cooked.



Microwave recipes were tested in a 680 watt oven — your cooking could take longer if your microwave has a lower wattage.



Don't forget to clean up after you have finished.

Look out for the microwave and barbecue symbols in the recipes.



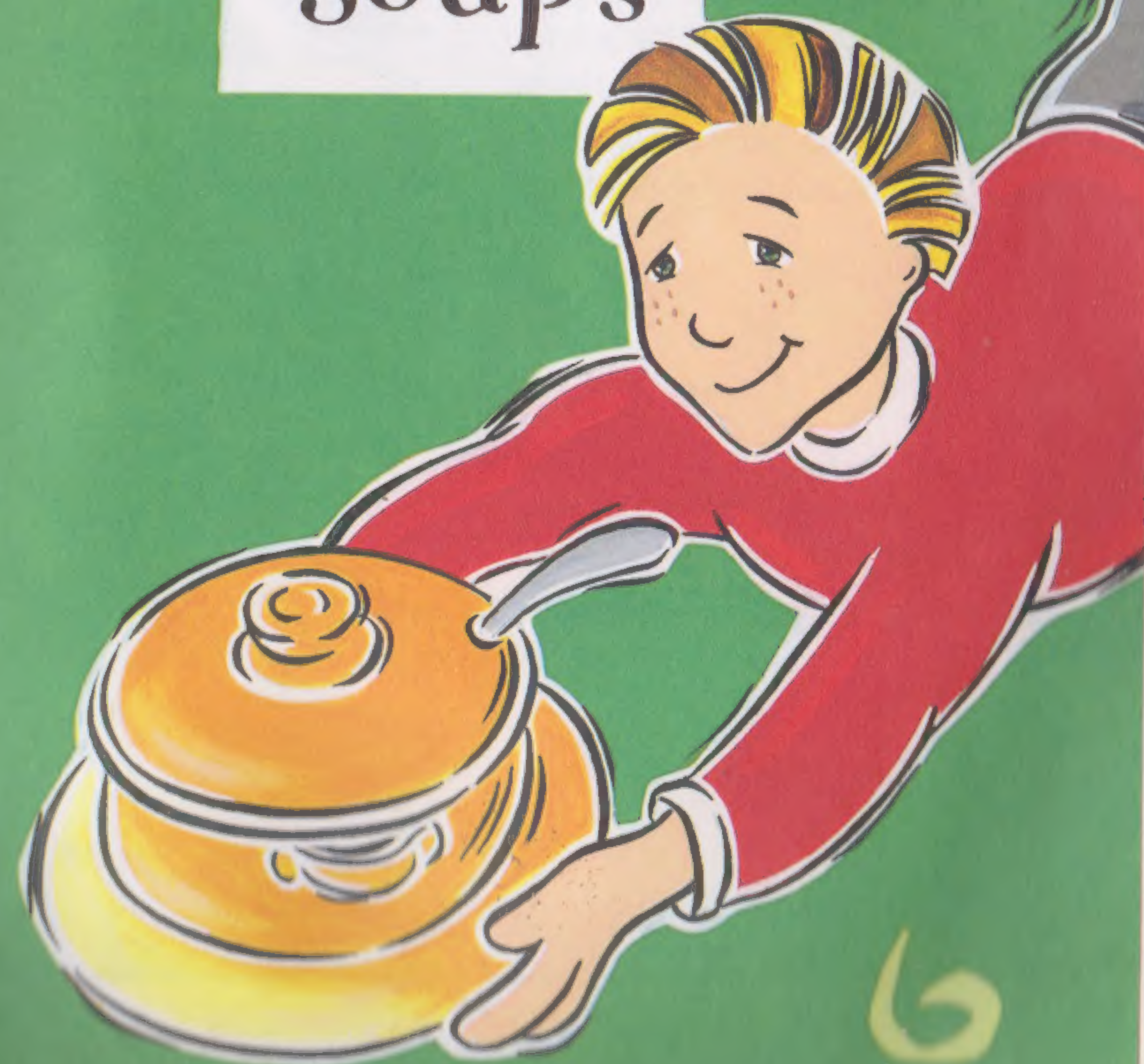
microwave

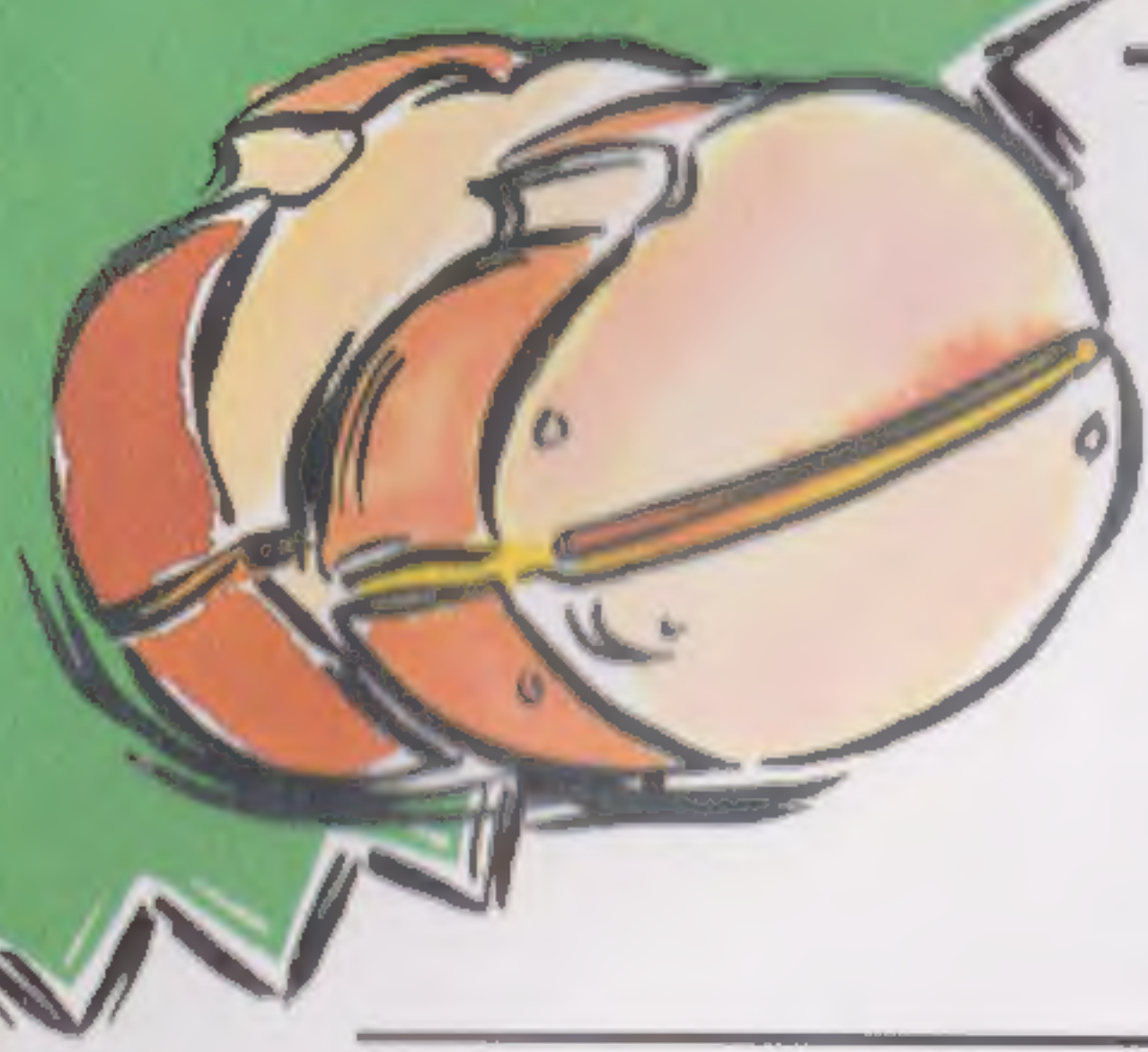


barbecue

Chapter 1

Snacks and Soups





Savoury Loaf

1 loaf French bread
50 g butter, softened
1 clove garlic, crushed
1 tablespoon chopped parsley

1 teaspoon mild mustard (optional)
thin slices of cheese
thin slices of salami

1 Preheat oven to 180°C. Cut the bread in half lengthwise.

2 Combine butter and garlic in a small bowl. Mix well. Stir in parsley and mustard.



3 Spread butter mixture on both cut surfaces of the bread.



4 Lay cheese slices, then salami slices, on bottom half of bread. Cover with top half of bread.



5 Wrap in foil. Bake for 15 minutes. To serve, remove loaf from foil and cut into chunks.

Savoury Pita Snacks



large pita bread
butter, softened
garlic, crushed

grated cheese
sesame seeds or poppy seeds

1 Cut the pita bread in half horizontally.



2 Mix together butter and garlic. Spread split side of pita bread halves with butter mixture.

3 Top with cheese and sesame seeds. Cut into wedges.



4 Place in a single layer on an oven tray. Bake at 190°C for 10 minutes or until golden. Serve hot or cold.

Cook's Tip

Pita Snacks will keep for several days if stored in an airtight container.

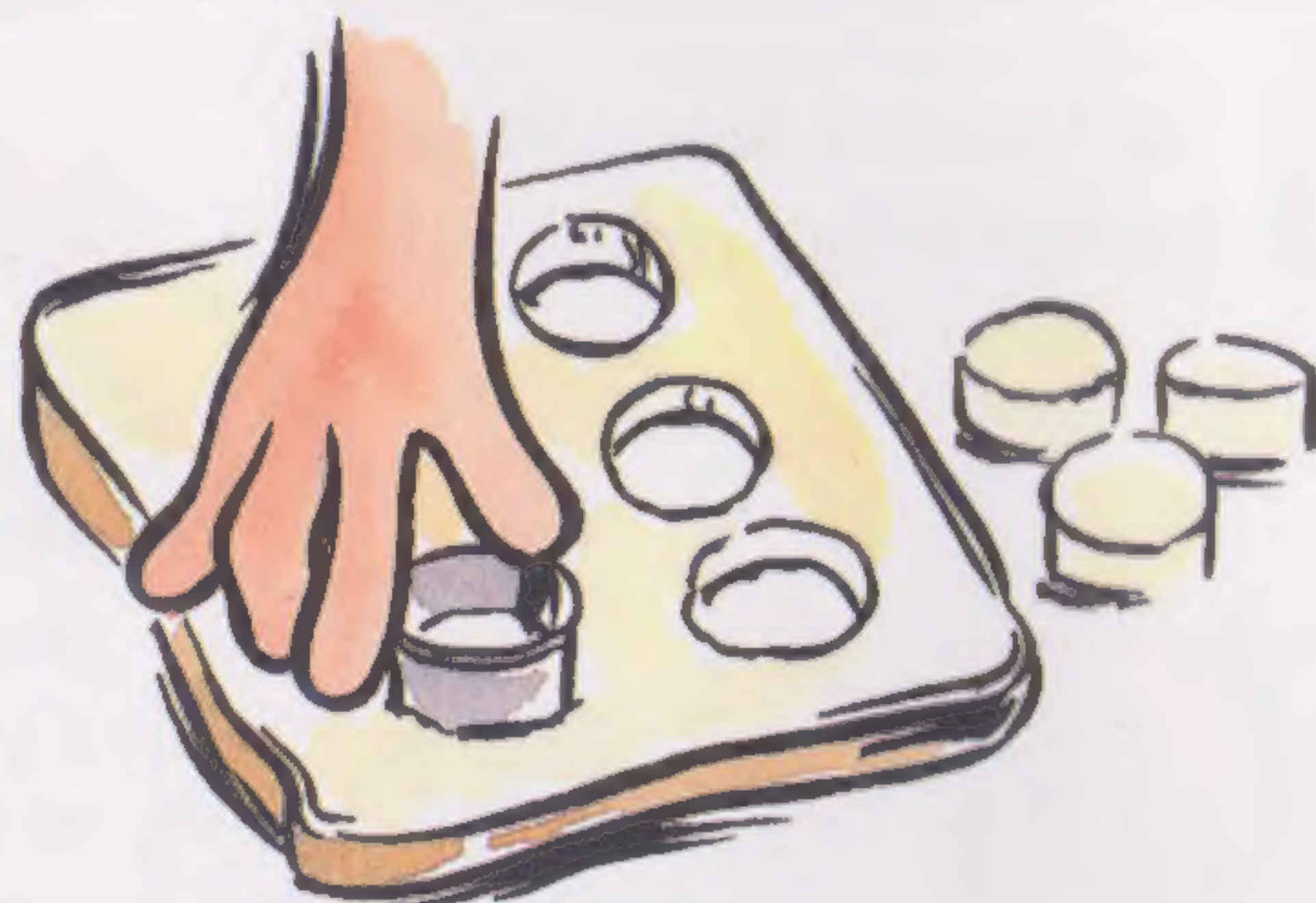


Traffic-light Sandwiches

sandwich-cut bread
butter to spread
thinly sliced tomato

thinly sliced cheddar cheese
lettuce leaves

1 For each sandwich, use a 2-cm-diameter cutter to stamp 2 vertical rows of 3 holes from one slice of bread.



2 Spread one side of above slice of bread and a whole slice of bread with butter. Place whole slice of bread on a flat surface.

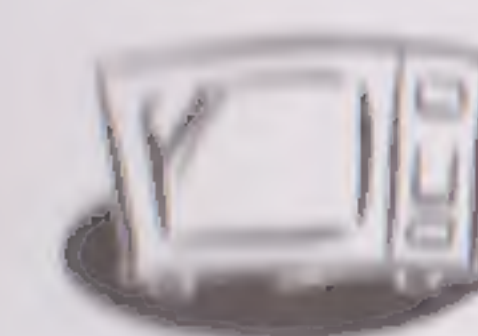
3 Cover top one-third of bread with sliced tomato, middle third with sliced cheese and bottom third with lettuce.



4 Cover with the slice of bread with cut-outs. Cut sandwich in half vertically to give 2 traffic-lights!



Hot Dogs



4 long bread rolls
4 frankfurters

butter
tomato sauce or mustard

1 Place bread rolls on a paper towel on a plate. Cook in a microwave oven on 100% power for 50 seconds.



2 Prick the frankfurters with a fork. Place in a single layer on a plate. Cook on 100% power for 2 minutes.

3 Split rolls in half lengthwise. Lightly butter rolls. Lay frankfurters in rolls. Spread with sauce or mustard.





Sesame Chicken Sticks

2 skinless boneless chicken breasts
1 tablespoon soy sauce

1 teaspoon oil
3/4 cup sesame seeds

1 Cut chicken into 1.5 cm-wide strips. Combine chicken, soy sauce and oil in a bowl.



2 Cover and refrigerate for 30 minutes.



3 Place sesame seeds on a flat plate. Roll chicken sticks in sesame seeds to cover.



4 Place in a lightly oiled roasting dish. Bake at 220°C for 15 minutes or until cooked through, turning every 3-4 minutes.

Cook's Tip

Sesame Chicken Sticks are delicious served with the Quick Peanut Dip on page 17.



Chicken Nibbles

750 g chicken nibbles (or wings)
1/4 cup DYC soy sauce
1/4 cup tomato sauce

1/4 cup liquid honey
1 teaspoon sweet chilli sauce (optional)

1 Place chicken nibbles in a bowl.

2 Combine soy sauce, tomato sauce, honey and chilli sauce in a jug. Pour over chicken. Toss chicken to coat.



3 Cover with plastic food wrap. Refrigerate for at least 1 hour and up to 8 hours.



4 Drain chicken from sauce, reserving the sauce. Place chicken in a single layer on a wire rack, in a baking dish.



5 Preheat oven to 180°C. Bake for 20 minutes. Turn chicken. Brush with reserved sauce. Cook for a further 15 minutes.



Corn and Chicken Soup

- 1 boneless, skinless chicken breast
- 25 g butter
- 2 tablespoons Champion standard grade flour
- 3 cups chicken stock
- 300 g can cream-style corn
- salt and freshly ground black pepper to season
- fresh crusty bread to serve

1 Cut chicken into tiny pieces. Set aside.

2 Melt butter in a medium saucepan. Add flour and stir constantly for 1 minute.



3 Remove pan from heat. Gradually add stock, stirring constantly.



4 Return pan to heat, stirring constantly until sauce comes to the boil.

5 Add chicken and corn. Stir for 3-4 minutes, until chicken is cooked and soup is hot. Season to taste with salt and pepper.



6 Ladle into warm bowls. Serve with fresh crusty bread. Serves 2-3.



Pumpkin Soup



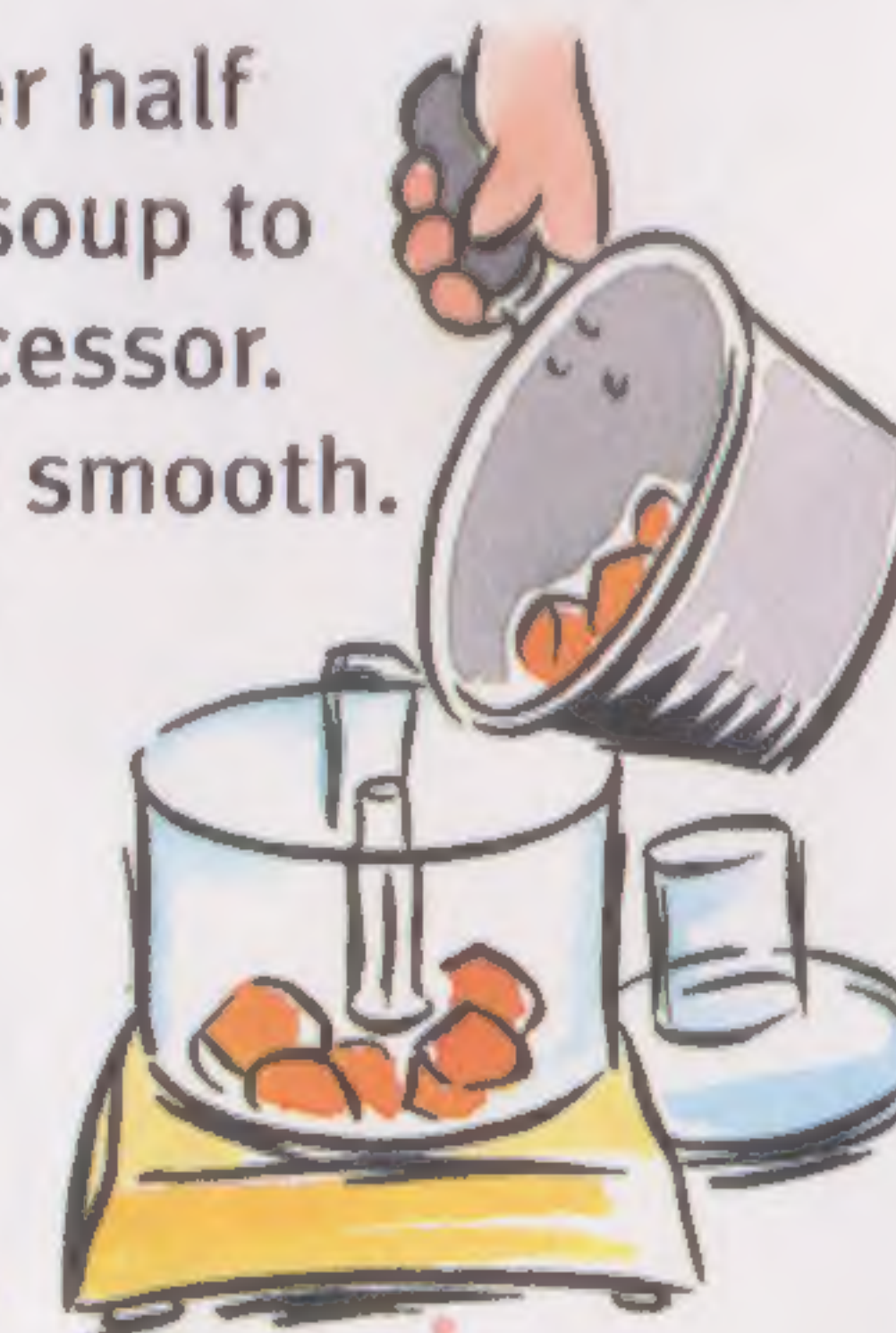
- 2 cups chopped, peeled pumpkin
- 1 medium potato, peeled and chopped
- 1 carrot, peeled and chopped
- 1 onion, chopped
- 2 1/2 cups water
- 1 teaspoon brown sugar
- 1/2 teaspoon curry powder
- 1/8 teaspoon cinnamon
- salt and freshly ground black pepper to season
- fresh crusty bread to serve

1 Combine all ingredients except salt and pepper in a medium saucepan.

2 Cover pan and bring to the boil. Reduce heat and simmer for 25 minutes, until vegetables are soft. Remove pan from heat. Set aside to cool for 20 minutes.



3 Transfer half of the soup to a food processor. Blend until smooth. Transfer to a bowl.



4 Blend remaining soup until smooth in food processor.

5 Tip all the soup back into the saucepan. Heat gently. Season to taste with salt and pepper.

6 Ladle into warm bowls. Serve with fresh crusty bread. Serves 2-3.





Fruit Smoothie

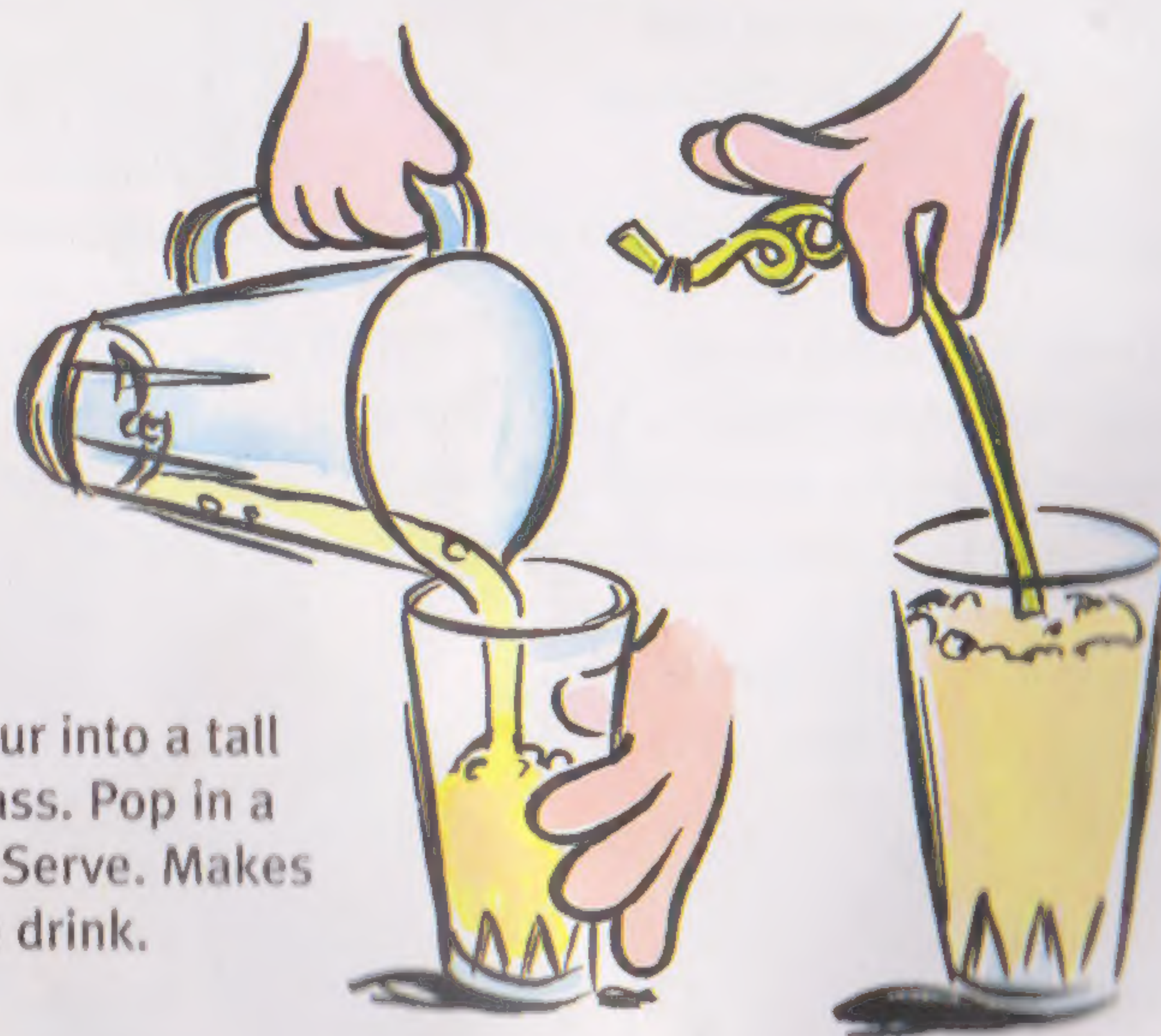
1 cup cold milk
¼ cup fruit yoghurt
½ cup diced fruit, e.g. banana, strawberries, melon

1 scoop ice-cream (optional)

1 Put milk, yoghurt, fruit and ice-cream in a blender. Blend until smooth.



2 Pour into a tall glass. Pop in a straw. Serve. Makes 1 large drink.



French Toast



4 eggs
2 tablespoons milk
salt and freshly ground black pepper to season
4 slices toast-cut bread (wholemeal or white)

butter to grease

maple syrup or grilled bacon to serve

1 Place eggs and milk in a bowl. Beat until combined. Season with a little salt and pepper.

2 Cut each slice of bread in half on the diagonal to give 2 triangles.

3 Melt a little butter in a frying pan over a low-medium heat.



4 Dip bread triangles in milk, one at a time. Place in frying pan and cook for about 2 minutes until golden on underside.



5 Turn and cook for a further 2 minutes until golden. Serve with a drizzle of maple syrup or with grilled bacon.



Avocado Dip (Guacamole)

1 ripe avocado
½ cup sour cream
2 teaspoons lemon juice
a little salt to season
few drops Tabasco sauce (optional)

¼–½ teaspoon chilli powder
(optional)

corn chips to serve

1 Cut avocado in half.
Remove stone and throw away. Using a spoon, scoop out flesh and place in a bowl.



2 Mash avocado with a fork.
Add sour cream, lemon juice, salt, Tabasco and chilli powder. Mix well.

3 Cover surface with plastic wrap. Refrigerate until required. Serve with corn chips.



Quick Peanut Dip



1 teaspoon oil
1 small onion, finely chopped
1 cup crunchy peanut butter
½ cup milk (or coconut milk)
1 tablespoon chilli sauce (optional)

vegetable sticks made from
carrots, celery, peppers and snow
peas to serve

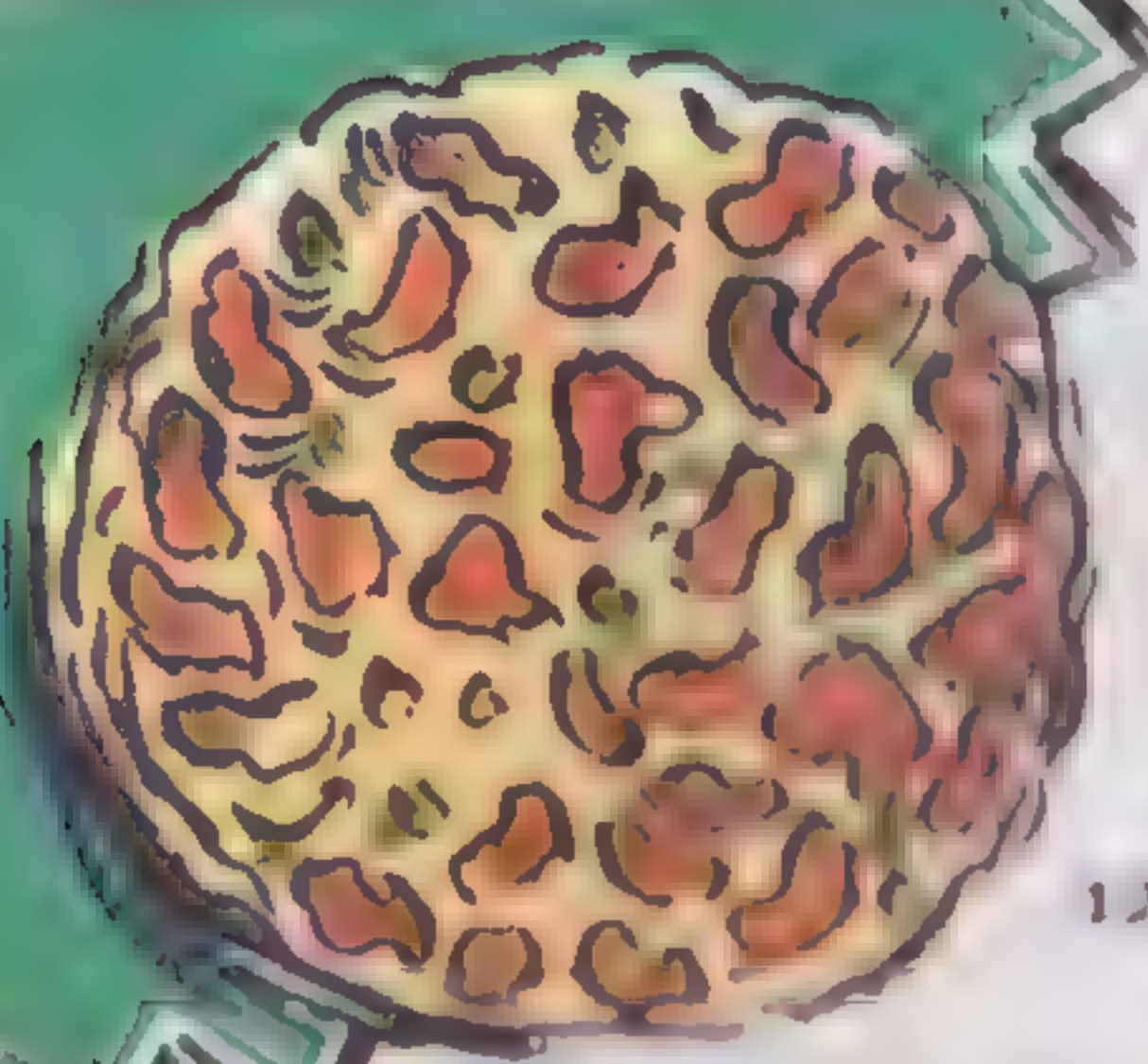
1 Heat oil in a small saucepan.
Cook onion for 4–5 minutes
until soft.



2 Add peanut butter, milk
and chilli sauce
(optional) to pan. Stir over
a low heat for 3–4 minutes
until mixture is smooth.

3 Transfer to a serving bowl.
Serve with vegetable sticks
made from carrots, celery,
peppers and snow peas.





Cheese Ball

125 g spreadable cream cheese

½ cup grated tasty cheddar cheese
1 tablespoon chopped parsley

1 tablespoon finely chopped gherkin
2 teaspoons tomato sauce
1 teaspoon Worcestershire sauce
¼ cup chopped walnuts

1 Combine all ingredients except walnuts in a bowl. Mix well.



2 With clean hands, shape mixture into a ball.

3 Roll in chopped walnuts until well coated.



4 Wrap in plastic food wrap and refrigerate for 1 hour, until firm.

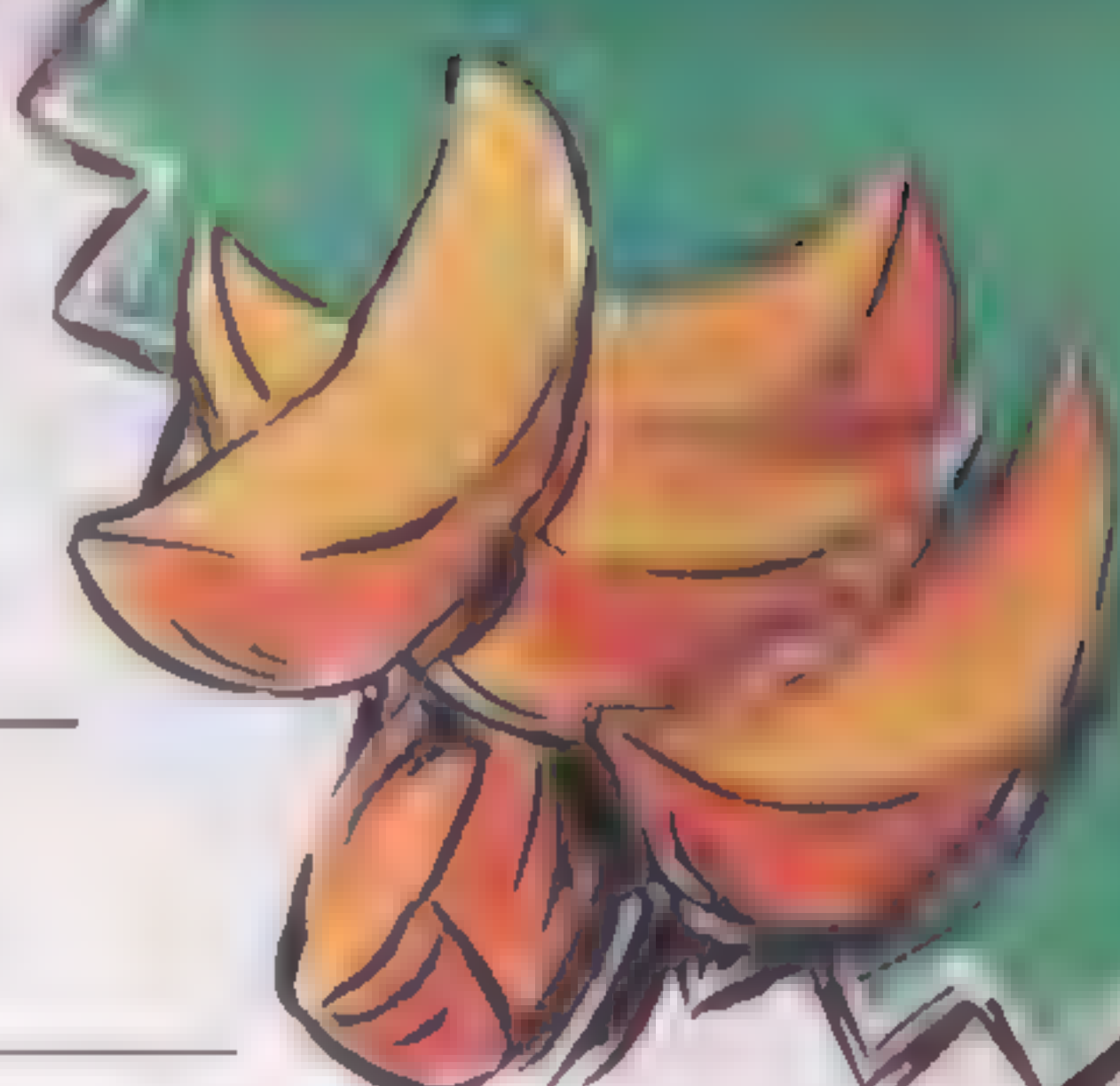
5 Serve with crackers or sliced fresh bread.



Cook's Tip

The cheese ball can be rolled in chopped parsley instead of walnuts.

Potato Wedges

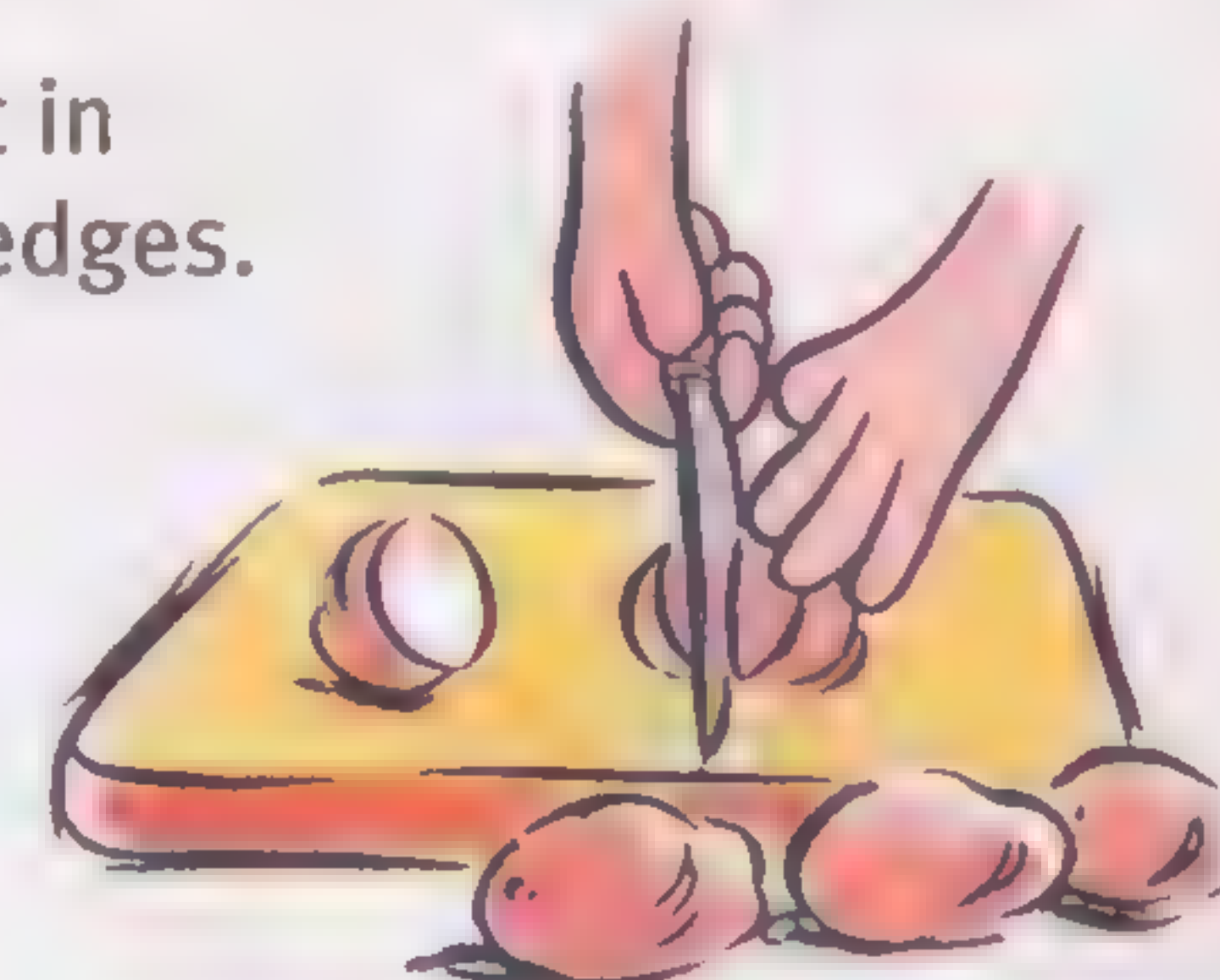


4 medium sized new potatoes
oil (preferably olive oil)

a little salt
to sprinkle

1 Preheat oven to 190°C. Pour enough oil over the base of a roasting dish to just grease the pan. Heat in oven.

2 Wash and dry potatoes. Cut in half. Cut each half into 4 wedges.



3 Carefully remove hot dish from oven. Add wedges and toss to coat with oil.

4 Bake for 10 minutes. Turn wedges and cook for a further 10–15 minutes until tender and golden. Sprinkle with a little salt. Serve immediately. Serves 4 as a vegetable accompaniment.



Cook's Tip

Don't peel the potatoes – leaving the skin intact increases the nutritional value of potatoes.



Lunchbox Pasta Salad

150 g dried pasta bows
12 cherry tomatoes, halved
(or 4 tomatoes, quartered)
1 green pepper, diced
100 g cheddar cheese, cut into small cubes
½ cup toasted pinenuts (optional)

Dressing
2 tablespoons olive oil
2 tablespoons DYC white wine vinegar
2 tablespoons freshly squeezed orange juice
1 tablespoon chopped parsley
salt and freshly ground black pepper to season

1 Cook pasta according to instructions on packet. Transfer to a sieve. Cool under cold running water, then drain thoroughly.



2 Combine all salad ingredients in a large bowl.



3 To make the dressing, place all ingredients in a jar. Secure the lid and shake well. Pour dressing over salad and toss to combine.



4 To include this salad in the lunchbox, transfer to a lidded container. Include a fork.

Chapter 2

Main Meals





Pizza Dough

- | | |
|-----------------------------------|----------------------------------|
| 1 tablespoon Edmonds active yeast | 1 teaspoon salt |
| ½ teaspoon sugar | 3 cups Champion high grade flour |
| 1 cup warm water | 1 tablespoon oil |

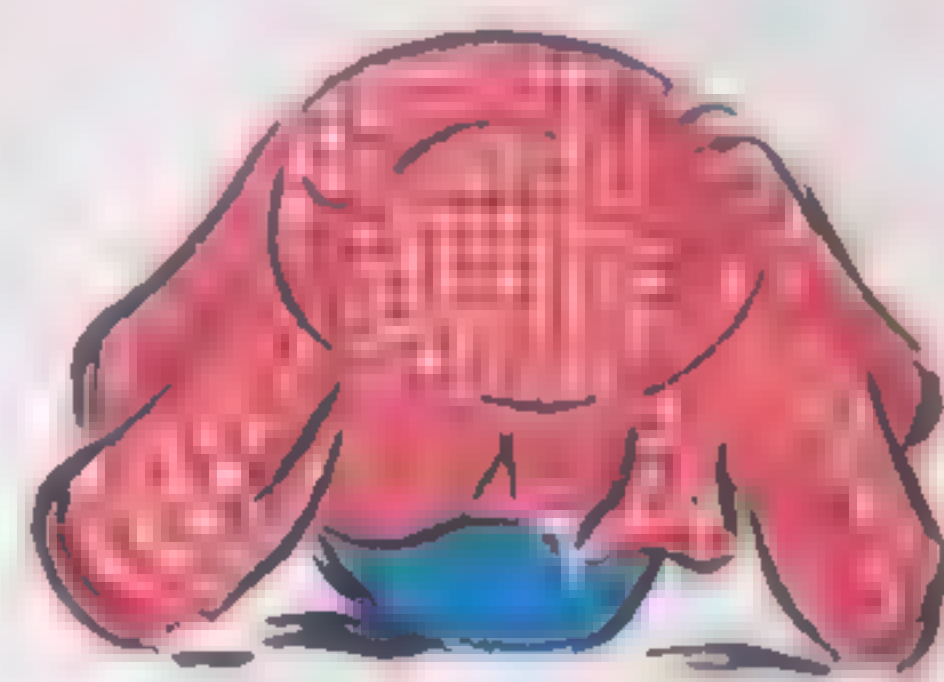
Note: As an alternative to making the pizza base, use a 30-cm-diameter commercial pizza base or 4 pita breads.

1 Combine yeast, sugar and water in a bowl. Set aside in a warm place for 15 minutes until frothy.

2 Combine salt and flour in a large bowl. Add yeast mixture and oil. Mix until ingredients form a soft dough. Transfer to a lightly floured surface. Knead for 5 minutes until smooth and elastic.



3 Lightly oil a large bowl. Sit dough in bowl and cover with a clean teatowel. Stand in a warm place until dough doubles in size – about 45 minutes.



4 Lightly grease an oven tray. Preheat oven to 220°C.

5 Push fist into middle of dough. Transfer to a lightly floured surface. Knead for 1 minute.



6 Roll dough into a 30-cm-diameter circle. Top with ingredients of your choice. Bake for 15 minutes. Serves 4.



Pizza Topping Combos



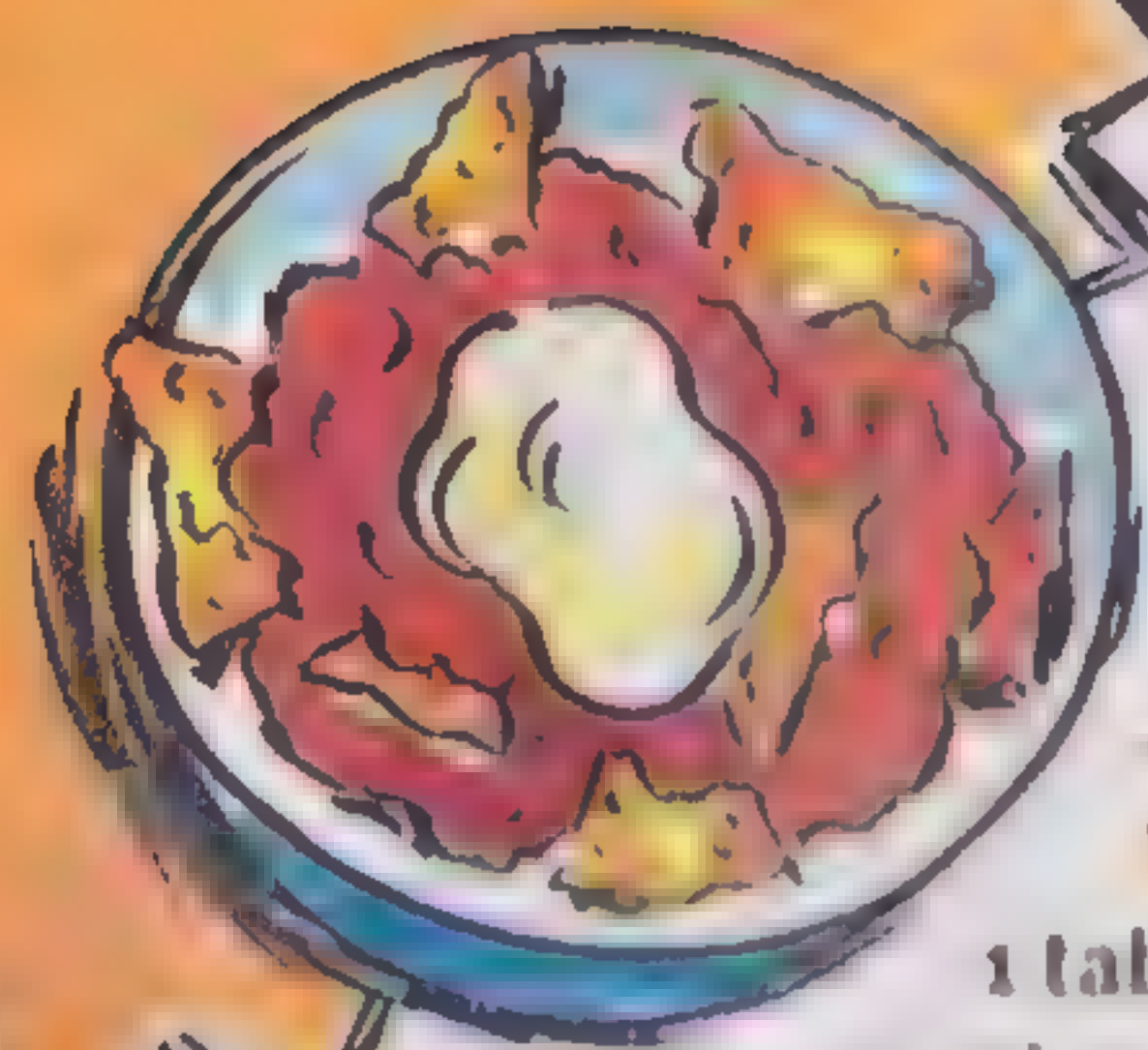
Spread pizza base lightly with bottled pasta sauce, then top with any of the following combinations:

- Diced ham, drained canned unsweetened pineapple pieces and grated cheese.
- Diced salami, sliced mushrooms, sliced red or green pepper and grated cheese.
- Shredded cooked chicken, drained canned kernel corn or cooked frozen kernel corn and grated cheese.
- Drained canned tuna, sliced tomatoes, sliced spring onions and grated cheese.



Cook's Tip

Grated mozzarella cheese is ideal for pizzas, as it melts well. Grated cheddar cheese is also good.



Nachos

Meat Sauce

1 tablespoon oil
1 onion, chopped
500 g lean beef mince
2 cloves garlic, crushed
400 g can tomatoes in juice
2 tablespoons tomato paste
½ cup water

salt and freshly ground black pepper to season

440 g can chilli beans
200 g corn chips
1½ cups grated cheddar cheese

sour cream to serve

1 Heat oil in a frying pan. Cook onion for 5 minutes until soft. Add mince and garlic and cook until mince is browned, stirring often.



2 Add tomatoes, tomato paste and water, breaking up tomatoes with a wooden spoon. Cook over a low heat for 30–35 minutes until sauce is thick. Season to taste with salt and pepper.

3 Add beans and stir gently for 1–2 minutes to heat through. Preheat oven to 180°C.



4 Scatter corn chips over the base of an ovenproof dish. Warm in oven for 5 minutes.



5 Turn oven to grill. Spoon mince mixture over chips. Sprinkle with cheese.

6 Grill for 3–4 minutes until cheese melts and bubbles. Serve with sour cream. Serves 5.



Tacos

Ingredients for Meat Sauce (see opposite)

8 taco shells
shredded lettuce
sliced tomato
sliced avocado

grated carrot
grated cheddar cheese
sour cream to garnish

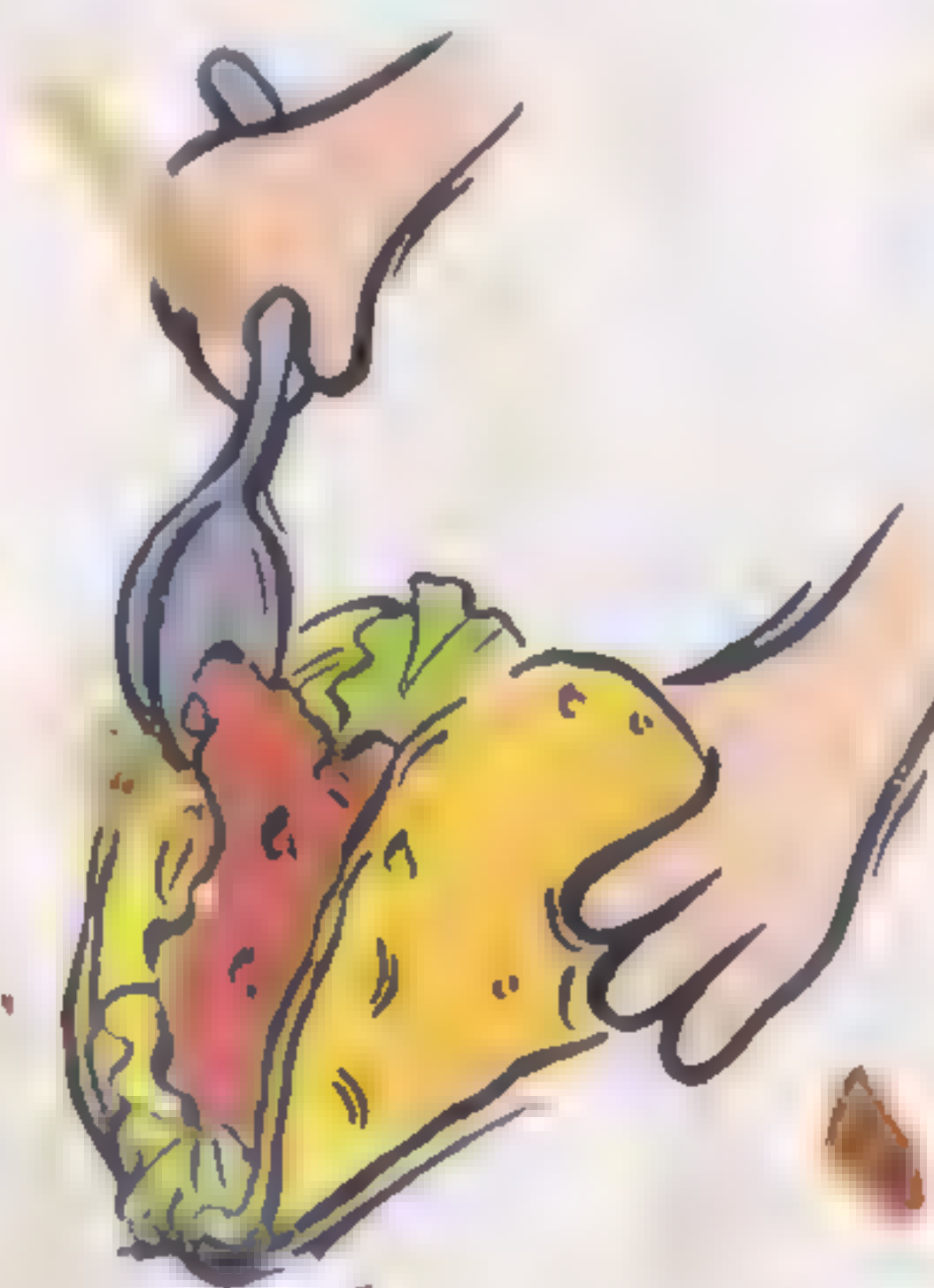


1 Make Meat Sauce — follow Steps 1–2 of Nachos recipe opposite. While sauce is cooking, preheat oven to 180°C.

2 Five minutes before Meat Sauce is cooked, place taco shells in oven for 5 minutes to warm.



3 To serve, fill taco shells with Meat Sauce and salad ingredients.



4 Garnish with a spoonful of sour cream. Serves 4.



Cook's Tip

Taco shells can also be heated in a microwave — on 100% power for 30 seconds per shell.



Burritos

Ingredients for Meat Sauce (see page 24)

- eight 20-cm-diameter flour tortillas
sour cream to garnish
1½ cups grated cheddar cheese

1 Make Meat Sauce — follow Steps 1–2 of Nachos recipe on page 24. While sauce is cooking, preheat oven to 190°C.

2 Lay tortillas on a flat surface. Divide Meat Sauce between the tortillas, spreading in a log shape along one end.



3 Roll up to enclose filling. Place side by side in an ovenproof dish.

4 Sprinkle with cheese. Bake for 15 minutes until cheese melts and bubbles.



5 Transfer burritos to serving plates. Garnish with a spoonful of sour cream. Serves 4.



Spaghetti Bolognese

Ingredients for Meat Sauce (see page 24)

- 400 g Diamond Spaghetti
grated cheddar or parmesan cheese to serve (optional)

1 Make Meat Sauce — follow Steps 1–2 of Nachos recipe on page 24.

2 About 15 minutes before sauce is cooked, half fill a large saucepan with water. Bring water to the boil. Add spaghetti and stir with a fork.



3 Boil for 10–12 minutes or until 'al dente' (firm to the bite). Drain spaghetti in a sieve. Divide between 4 serving plates.

4 Spoon Meat Sauce over spaghetti. Serve with a bowl of grated cheese. Serves 4.





Kebabs



6 wooden skewers
(about 8 cm long)
2 boneless skinless
chicken breasts, or 500 g rump
steak
2 tablespoons soy sauce

1 tablespoon honey
1 tablespoon lemon juice
1 tablespoon oil
1 red pepper, cut into 1.5-cm cubes
12 chunks pineapple

1 Soak skewers in cold water for 30 minutes.

2 Cut chicken or steak into bite-sized pieces (about 2-cm cubes).

3 Combine soy sauce, honey, lemon juice and oil in a bowl. Add meat. Stir to coat. Cover and refrigerate for 1 hour.

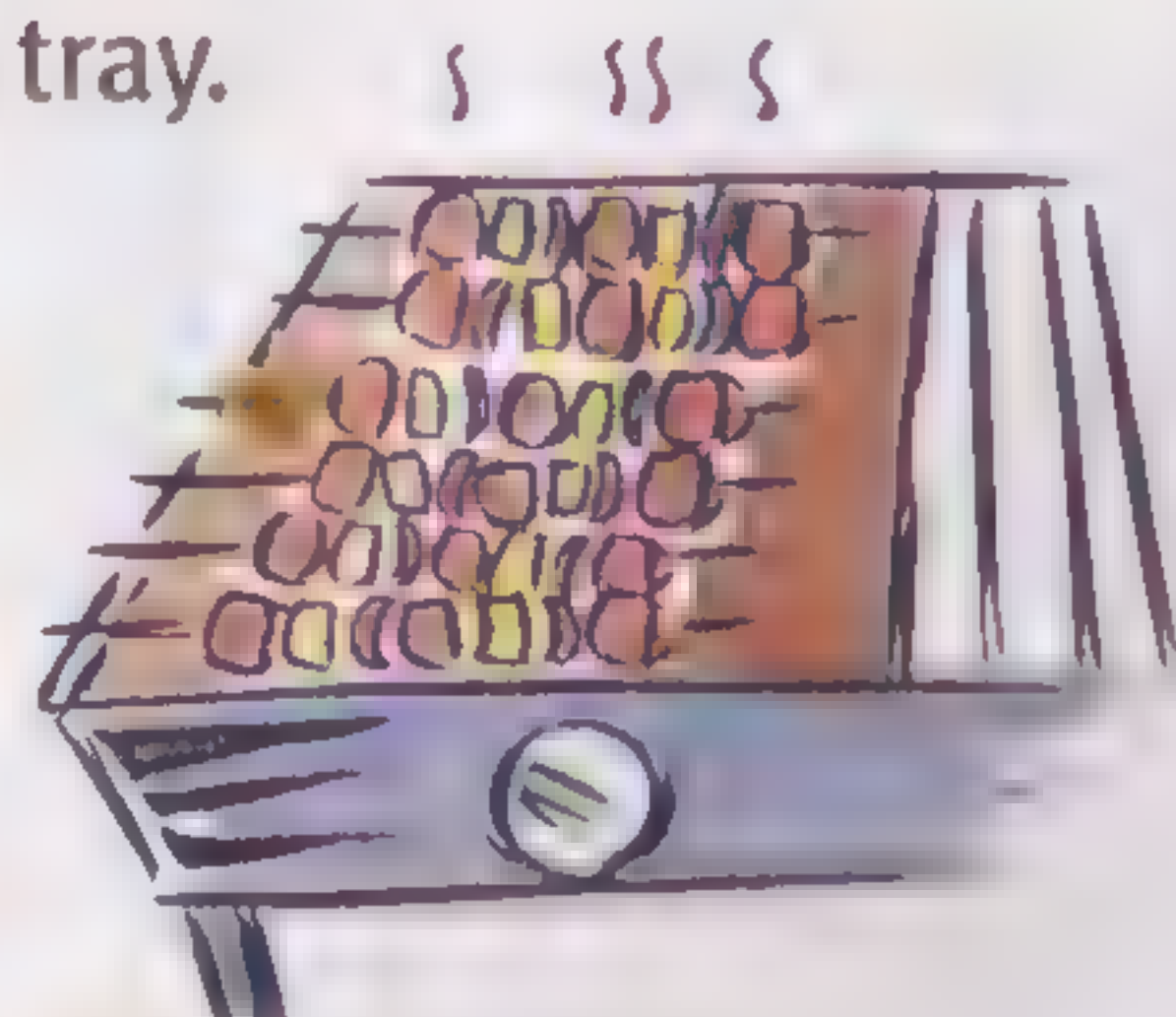


4 Thread meat, pepper and pineapple onto skewers.



5 Place in a single layer on a baking tray.

6 Preheat oven grill or barbecue. Grill or barbecue for about 8 minutes, turning often. Serves 2-3.



Cook's Tip

These Kebabs are delicious served with the Quick Peanut Dip on page 17.

Cheesy Sesame-coated Chicken Drumsticks



oil
6 chicken drumsticks
4 tablespoons Champion standard
grade flour
4 tablespoons grated parmesan
cheese

1 teaspoon chicken
stock powder
¼ teaspoon dried mixed herbs
2 tablespoons dry breadcrumbs
2 teaspoons sesame seeds

1 Lightly oil a baking dish.
2 Remove skin from chicken and throw away. Brush chicken lightly with water.



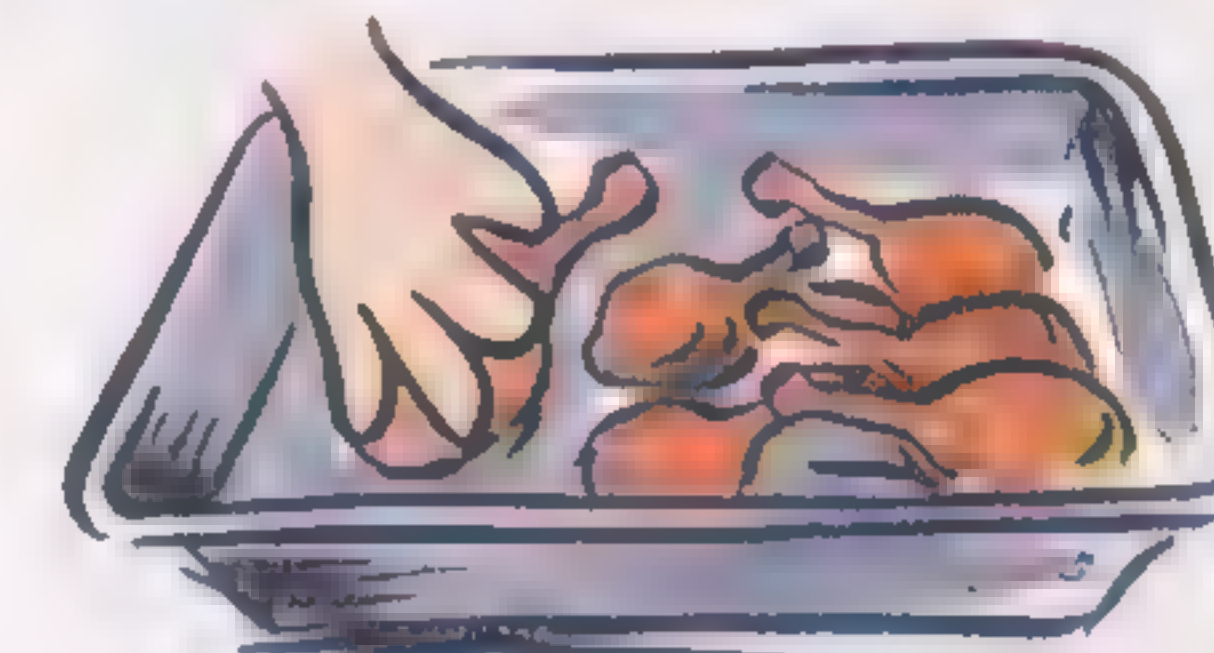
3 Place remaining ingredients in a plastic bag. Twist top and shake to combine.



4 Add 2 chicken drumsticks at a time to the bag. Twist top and shake to coat.



5 Place in baking dish. Repeat with rest of drumsticks, 2 at a time. Stand for 15 minutes.



6 Preheat oven to 200°C. Bake for 25 minutes or until cooked through, turning chicken once or twice. Serve hot or cold.

Cook's Tip

Get a grown-up to help you remove the skin from the chicken drumsticks.

Tomato Meatballs

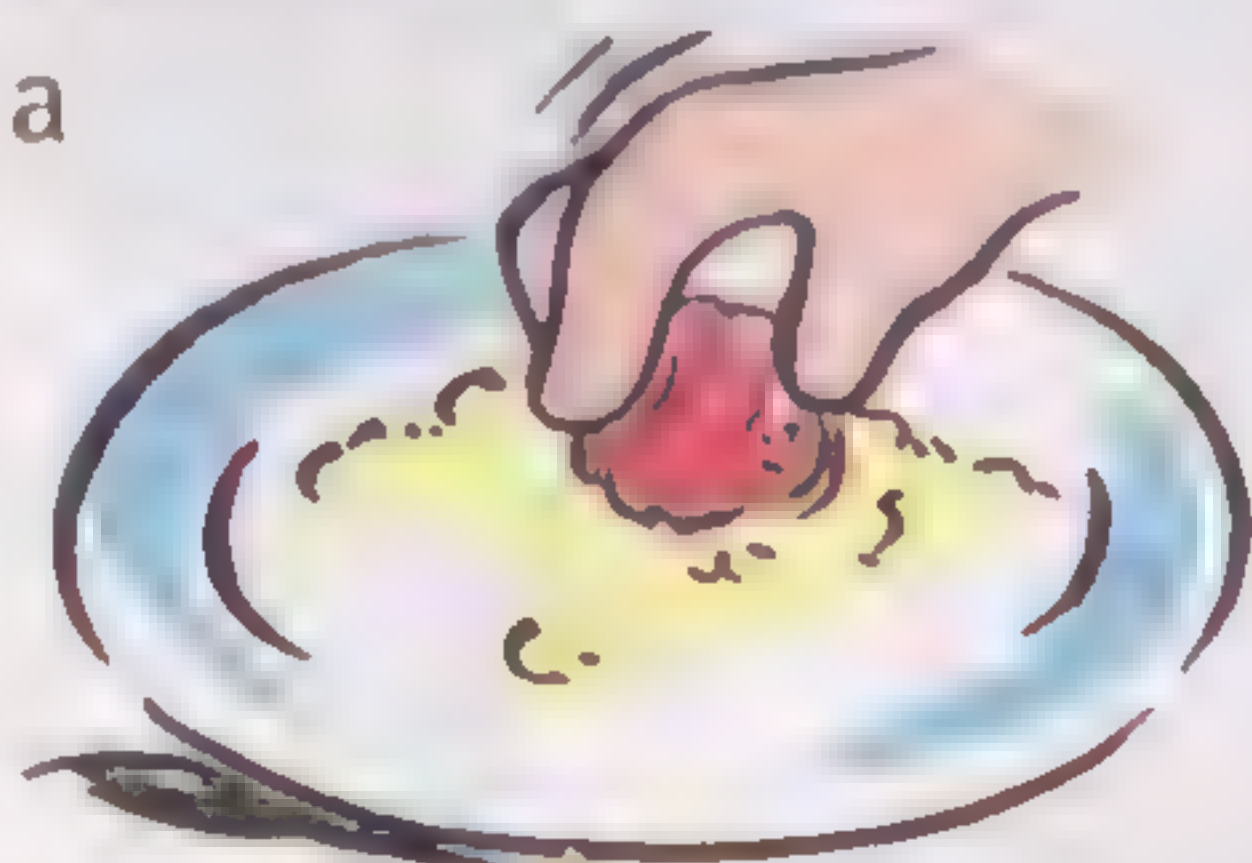
500 g lean minced beef
1 onion, finely chopped
1 egg
¼ cup fine dry breadcrumbs
salt and freshly ground black pepper to season

¼ cup Champion standard grade flour
45 g sachet tomato soup mix
1 cup water

1 Preheat oven to 180°C.
Combine meat, onion, egg, breadcrumbs and salt and pepper in a bowl. Mix well.



2 Roll small amounts firmly into about 24 balls. Spread flour out on a flat plate. Roll meatballs in flour to lightly coat.



3 Place balls in a single layer in a baking dish.

4 Combine soup mix and water in a saucepan. Stir over a medium heat until soup comes to the boil. Pour evenly over meatballs.



5 Bake uncovered for 40 minutes. Serves 4.

Hamburgers



500 g lean minced beef
1 tablespoon oil
6 hamburger buns
butter to spread

tomato sauce
6 slices of tomato
grated cheese
lettuce leaves

1 Divide mince into 6 equal portions. Press each into a saucer to make a patty about 7 cm in diameter.



2 Heat oil in a frying pan. Cook patties for 6 minutes on each side.



3 Preheat oven grill. Cut buns in half horizontally.

4 Place on oven tray. Grill buns until golden. Lightly butter.

5 Top bottom half with meat patty, tomato sauce, tomato, cheese and lettuce. Cover with top of bun.



Cook's Tip

Grated carrot and finely chopped onion can be added to the meat patties if you like.



Creamy Pasta

350 g Diamond
pasta shapes,
e.g. Golden Spirals

2 eggs

¾ cup grated tasty cheddar cheese
salt and freshly ground black
pepper to season

2 teaspoons oil

8 rashers rindless bacon, chopped
½ cup cream

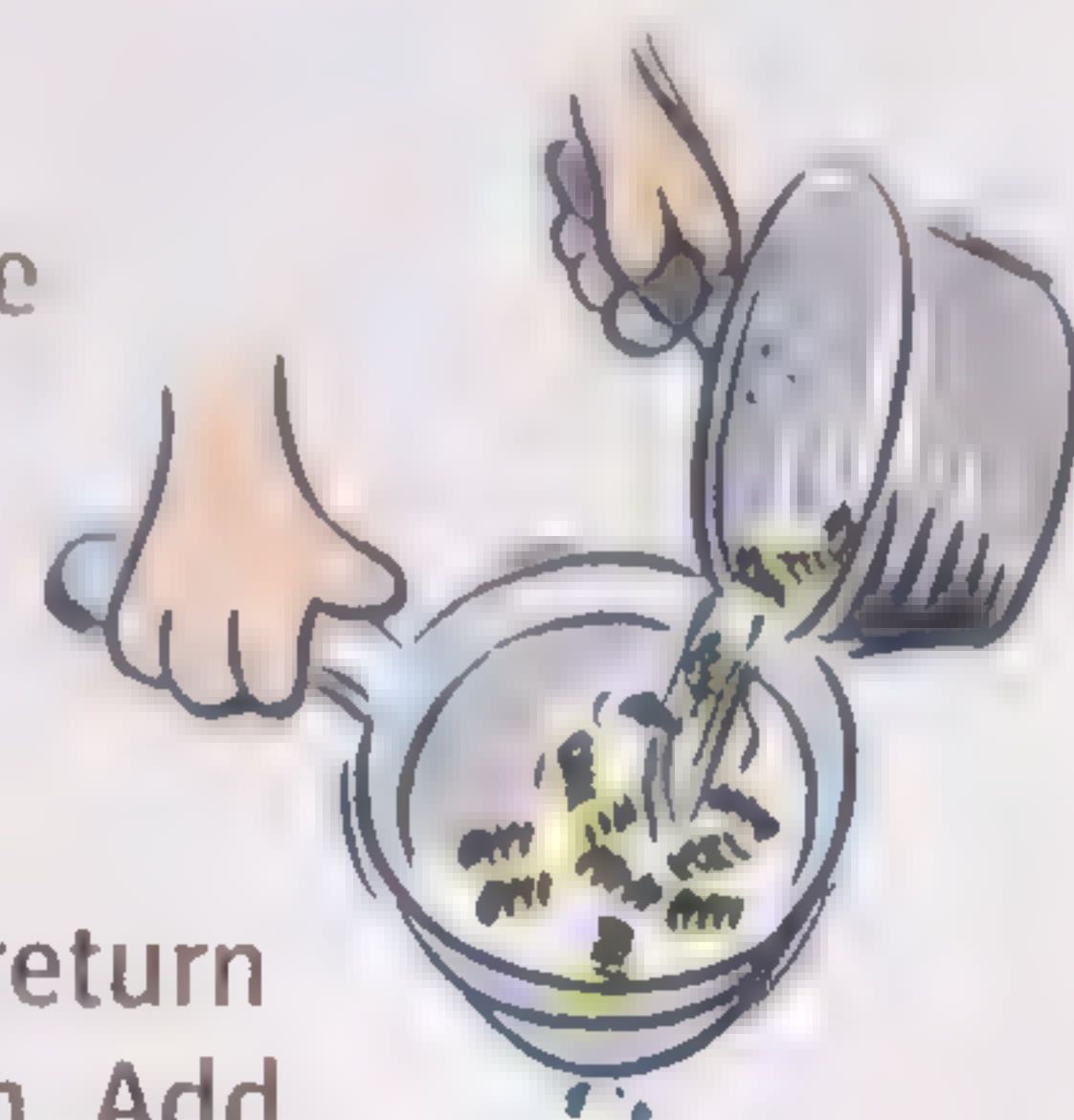
1 Cook pasta according to instructions on packet.

2 While pasta is cooking, heat oil in a heavy-based frying pan. Cook bacon for about 8 minutes, stirring often, until beginning to crisp.



3 Whisk cream, eggs, cheese and salt and pepper together in a small bowl.

4 When pasta is cooked, tip into a sieve to drain.



5 Working quickly, return pasta to saucepan. Add bacon and cream mixture. Mix well.

6 Return pan to a low heat, stirring constantly for 15 seconds. Serve immediately.



Cook's Tip

The cream mixture will scramble if cooked for too long at Step 6.



Stuffed Baked Potatoes

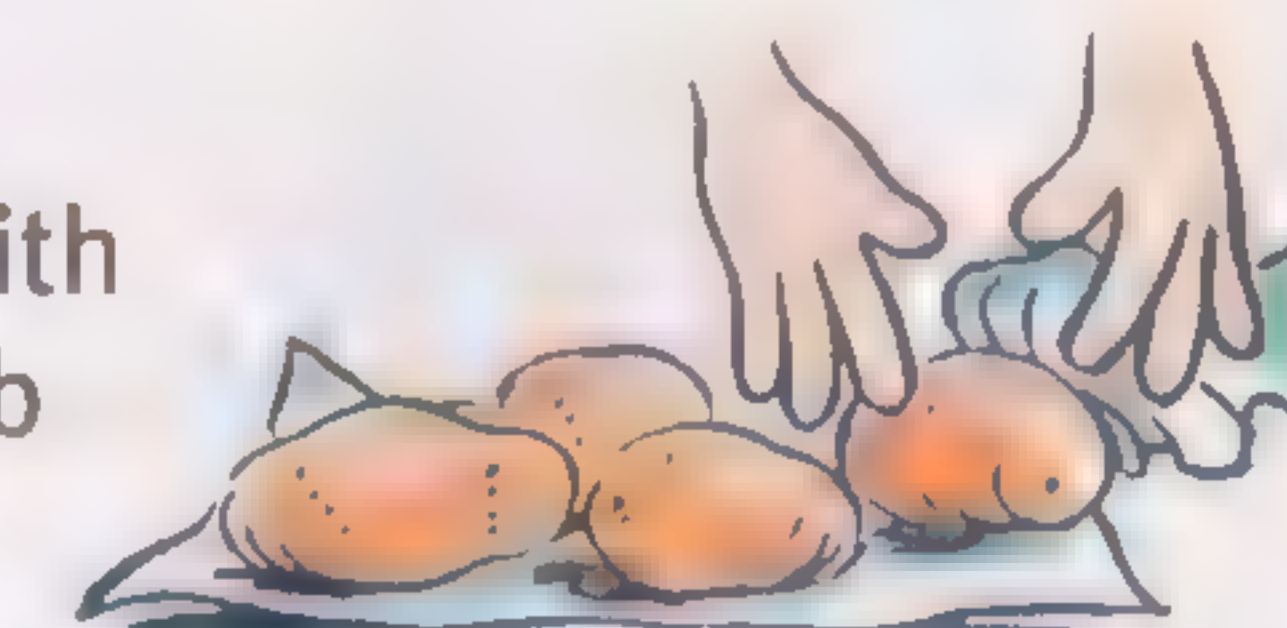
medium sized potatoes, washed
and dried
oil to brush
a little butter and milk to mash

salt and freshly ground black
pepper to season
grated tasty cheddar cheese to
sprinkle

Suggested Fillings

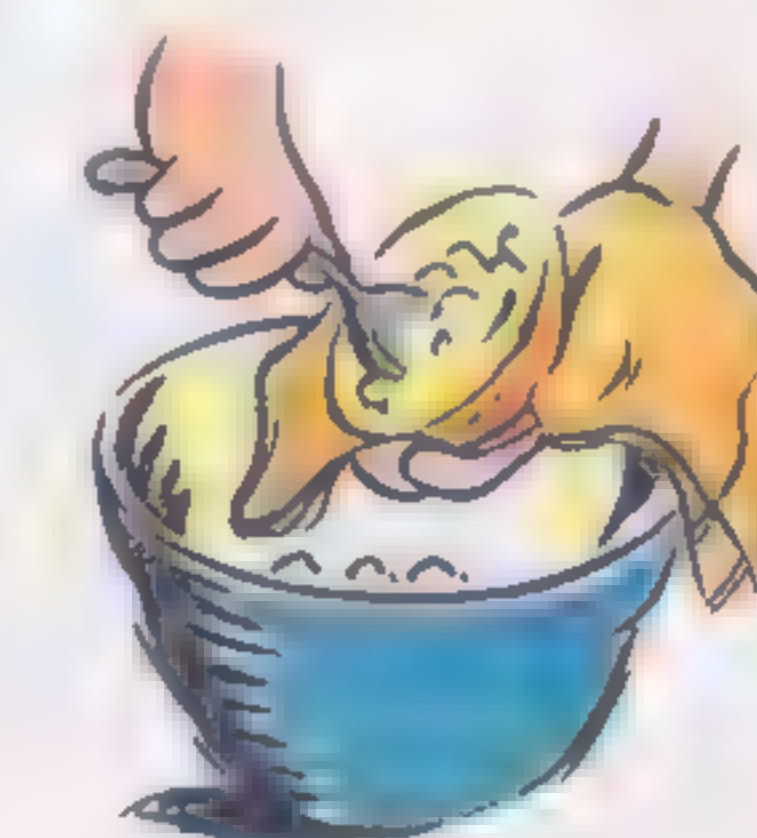
- Diced cooked bacon, chopped spring onions and grated tasty cheddar cheese.
- Flaked, drained tinned tuna or salmon, chopped parsley and grated tasty cheddar cheese.
- Baked beans and grated tasty cheddar cheese.
- Diced cooked bacon and diced avocado.

1 Prick potatoes several times with a fork. Use a paper towel to rub potatoes all over with oil.



2 Preheat oven to 180°C. Place potatoes directly on oven rack. Bake for 1 hour. Stand for 5 minutes.

3 Cut potatoes in half lengthwise. Hold each half in a clean teatowel (as the potato will still be hot). Scoop the flesh into a bowl, leaving a 5-mm-thick shell.



4 Add a knob of butter and a little milk. Using a potato masher, mash potato.

5 Gently stir in filling of choice. Season to taste with salt and pepper. Pile mixture back into shells. Sprinkle with grated cheese.



6 Preheat oven to 220°C. Place potatoes on an oven tray.
7 Bake for 15 minutes.



Pork Stir-fry

500 g pork schmitzel, thinly sliced
2 tablespoons soy sauce
2 tablespoons tomato sauce
2 tablespoons liquid honey
1 tablespoon sweet chilli sauce (optional)
1 tablespoon oil
1 cup broccoli florets
1 cup sliced mushrooms

1 cup mung bean sprouts
1 red pepper, sliced
225 g can unsweetened pineapple pieces
2 teaspoons Edmonds Fielder's cornflour
2 teaspoons water
cooked rice to serve

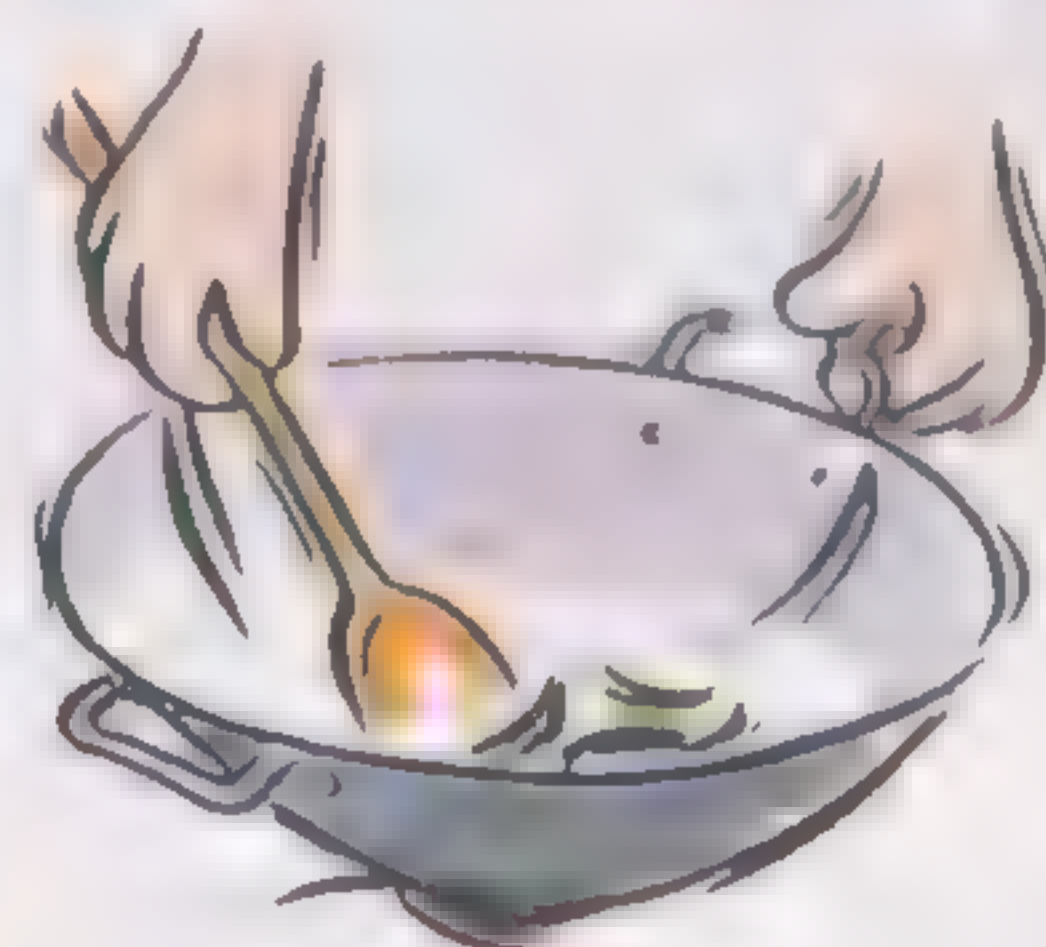
1 Place pork, soy and tomato sauce, honey and chilli sauce in a bowl. Mix well. Cover and refrigerate for 4 hours.



3 Add broccoli, mushrooms, sprouts, pineapple (including juice) and red pepper. Stir-fry for 4-5 minutes until vegetables are just tender.



2 Heat oil in a wok or heavy-based frying pan. Stir-fry pork for 3-4 minutes until just cooked through.



4 Place cornflour in a cup. Add water and mix until smooth. Add cornflour paste to wok, stirring until sauce thickens. Serve on cooked rice. Serves 4.



Spare Ribs



1/2 cup tomato sauce
1/2 cup soy sauce
1/2 cup plum sauce

1 teaspoon sweet chilli sauce (optional)
1.5 kg pork spare ribs

1 Combine the sauces in a bowl. Mix well.

2 Using a sharp knife, divide ribs into 1 or 2 bone sections. Place ribs in single layer over the base of a roasting dish.

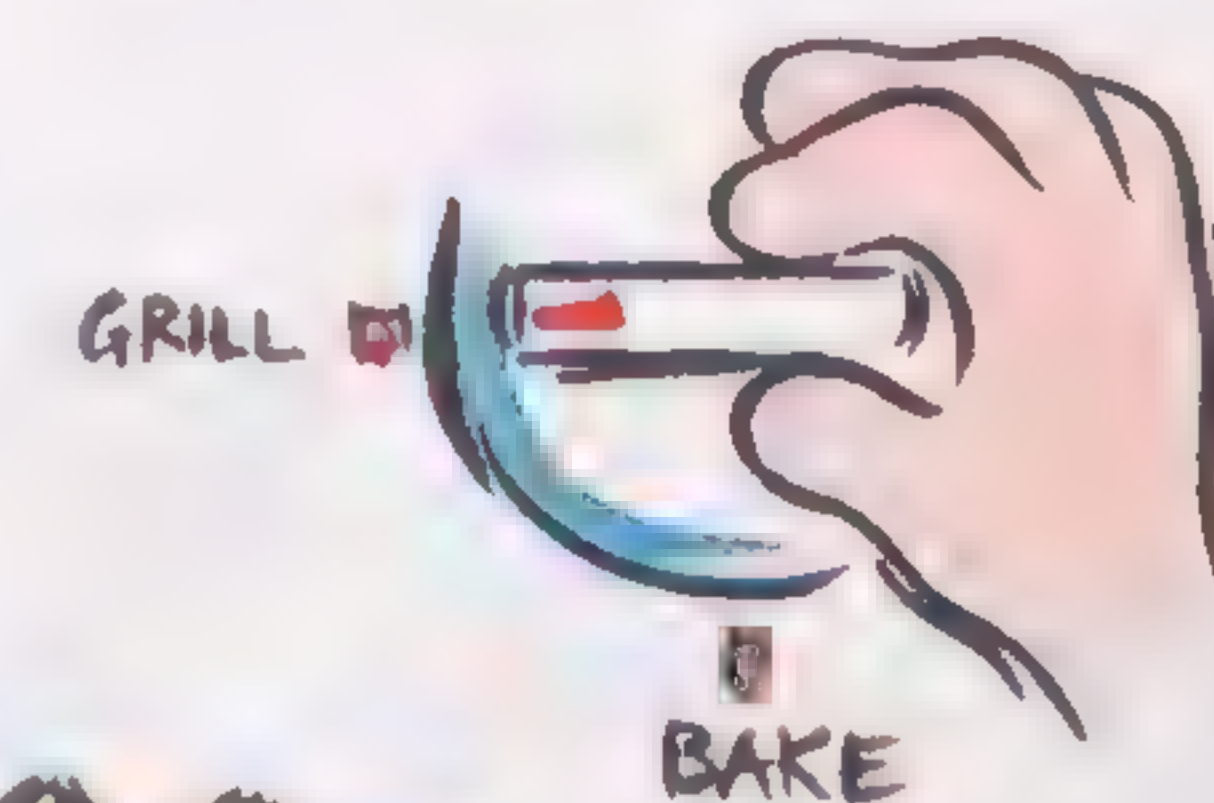


3 Pour over sauce mixture. Toss ribs to coat.



4 Cover with plastic food wrap. Refrigerate for 1 hour. Preheat oven to 220°C.

5 Bake ribs for 12-15 minutes, turning regularly, until cooked. Turn oven to grill and cook for 5 minutes. Serves 4.



Cook's Tip

Get a grown-up to help with cutting up the spare ribs.

Wiener Schnitzel

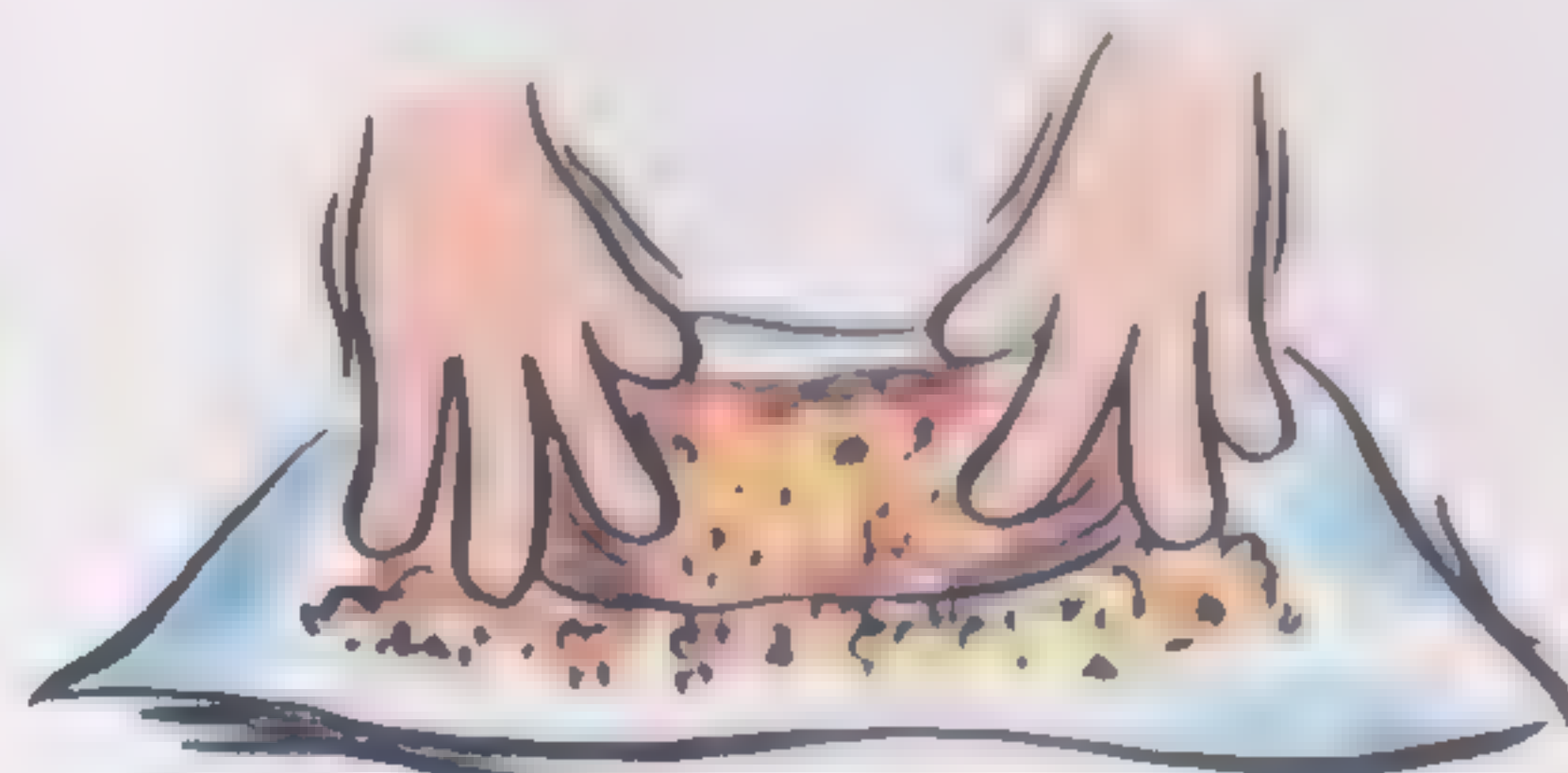
400 g wiener schnitzel
1 egg
2 tablespoons milk

$\frac{3}{4}$ cup dry breadcrumbs
oil for frying

1 Trim fat from schnitzel. Cut into serving-sized pieces.

2 Whisk egg and milk in a dish. Put crumbs in another dish.

3 Dip each piece of schnitzel in egg to coat. Drain off excess. Press each piece in crumbs until coated on both sides.



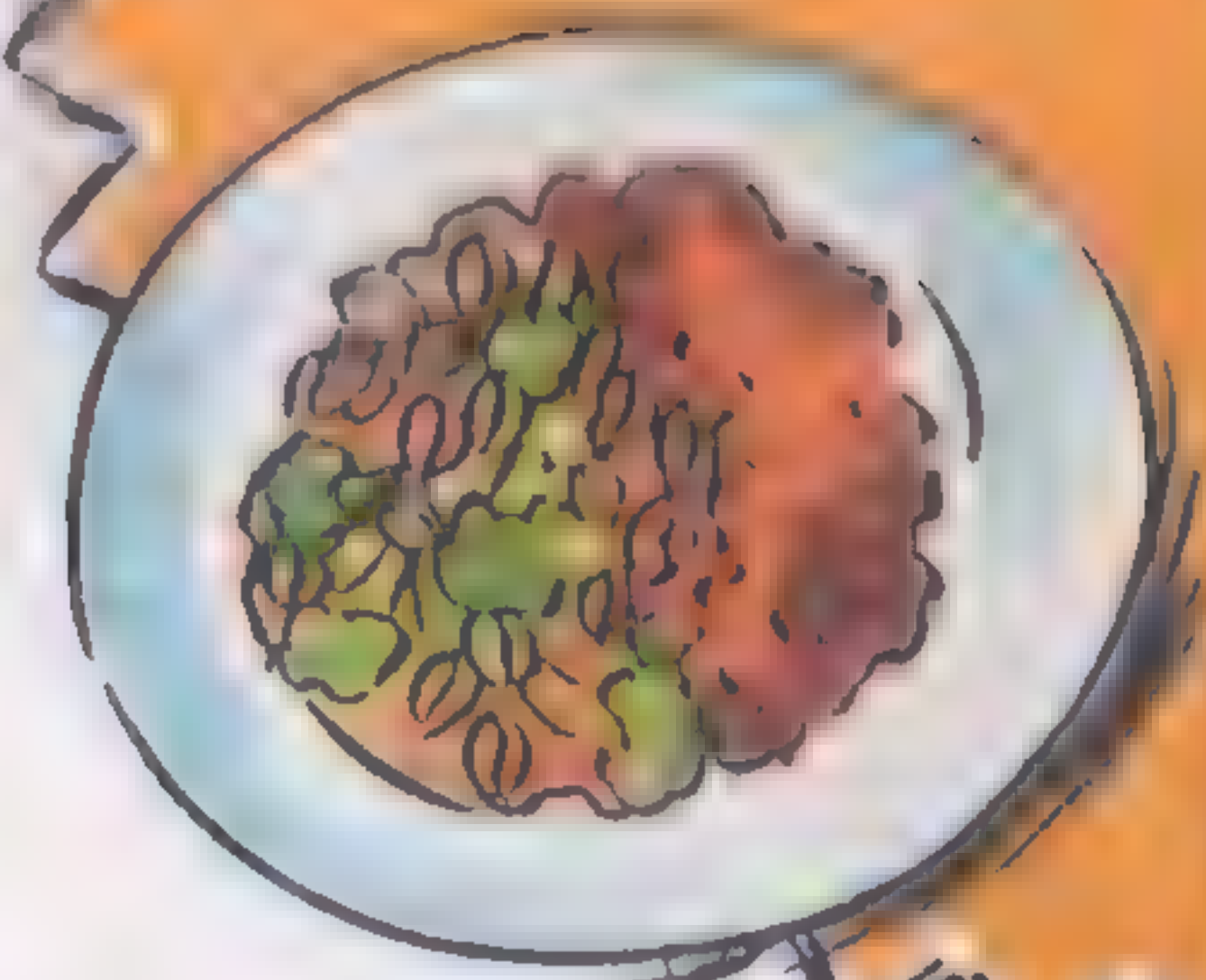
4 Put on a plate. Cover and refrigerate for 1 hour.

5 Pour enough oil into a frying pan to generously cover the base. Heat oil. Cook schnitzel for 3–4 minutes on each side.

6 Drain on paper towels.



Tuna Pasta Bake



450 g Diamond Small Seashells (or other small pasta shape)
1 cup broccoli florets
425 g can condensed mushroom soup
1 cup milk

185 g can tuna in brine
freshly ground black pepper

Topping

$\frac{1}{2}$ cup dried breadcrumbs
1 cup grated tasty cheddar cheese

1 Cook pasta according to instructions on packet. Tip into a sieve to drain.

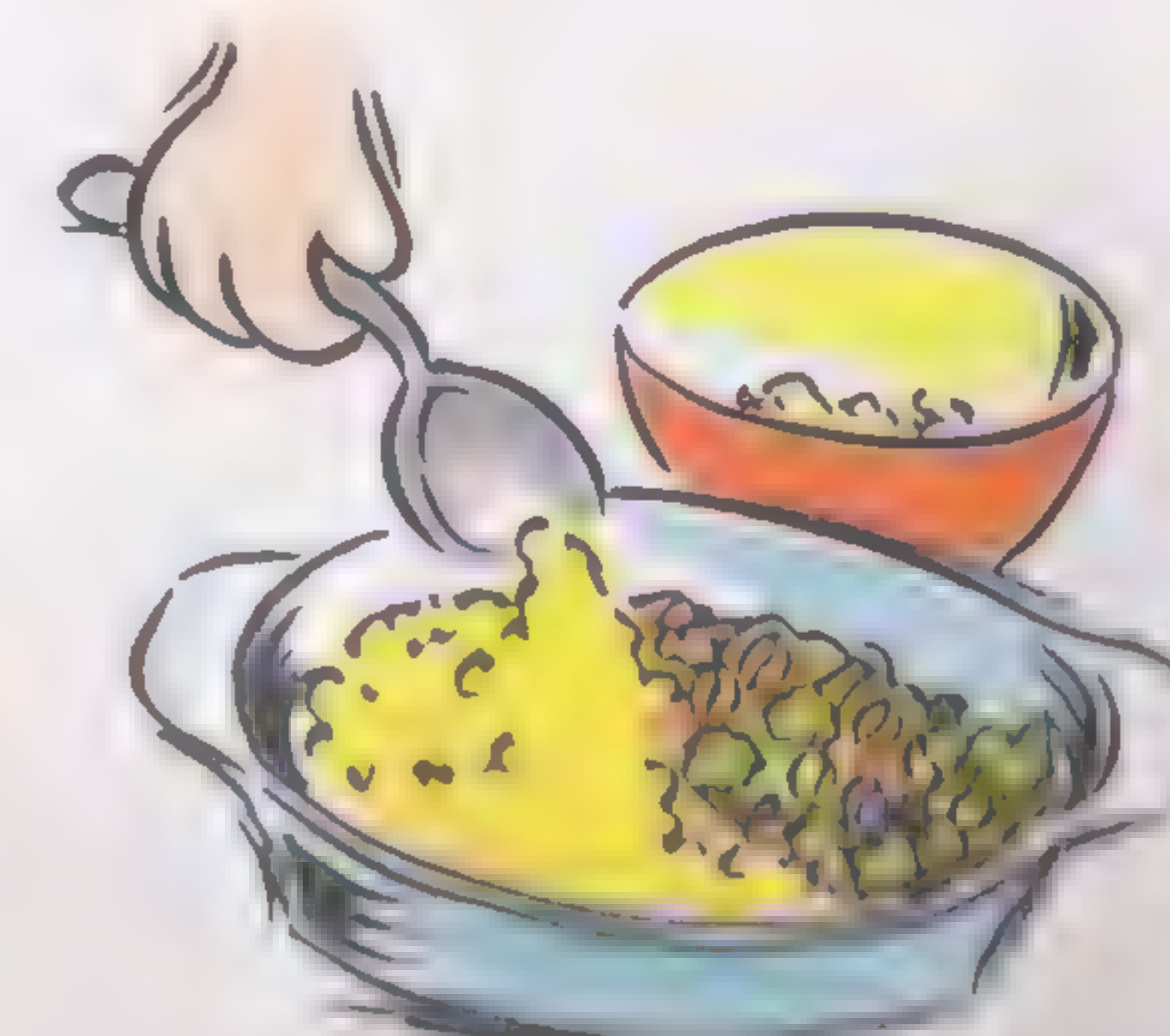
2 Place broccoli and 2 tablespoons water in a microwave-proof dish. Cook on 100% power for 2 minutes. Drain.

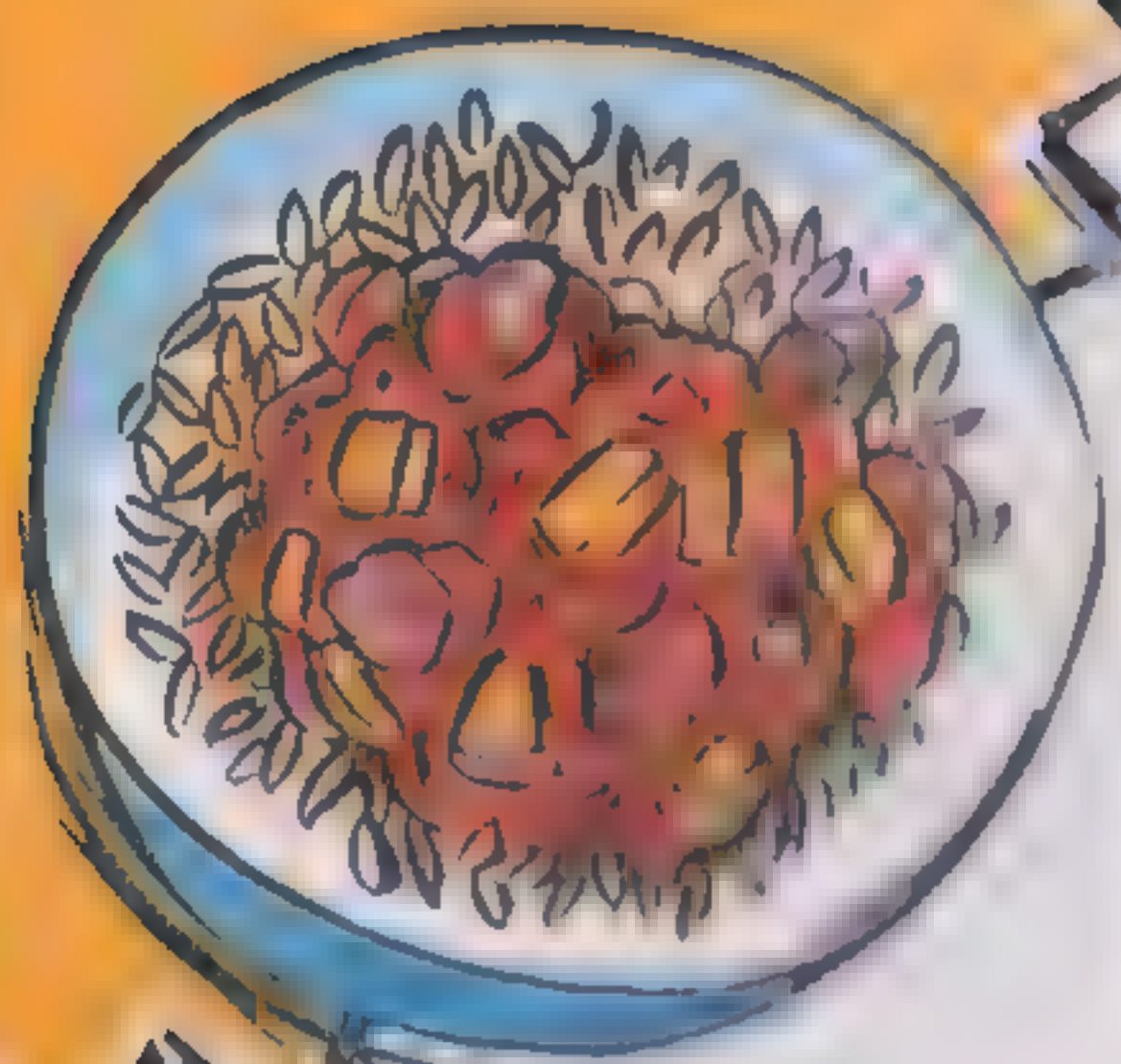


3 Preheat oven to 180°C. Whisk soup and milk together in bowl. Drain tuna. Flake with a fork.

4 In a large bowl, combine pasta, broccoli, tuna and soup mixture. Transfer to an ovenproof dish.

5 To make topping, combine breadcrumbs and cheese. Sprinkle over pasta. Bake for 25–30 minutes until golden. Serves 4.





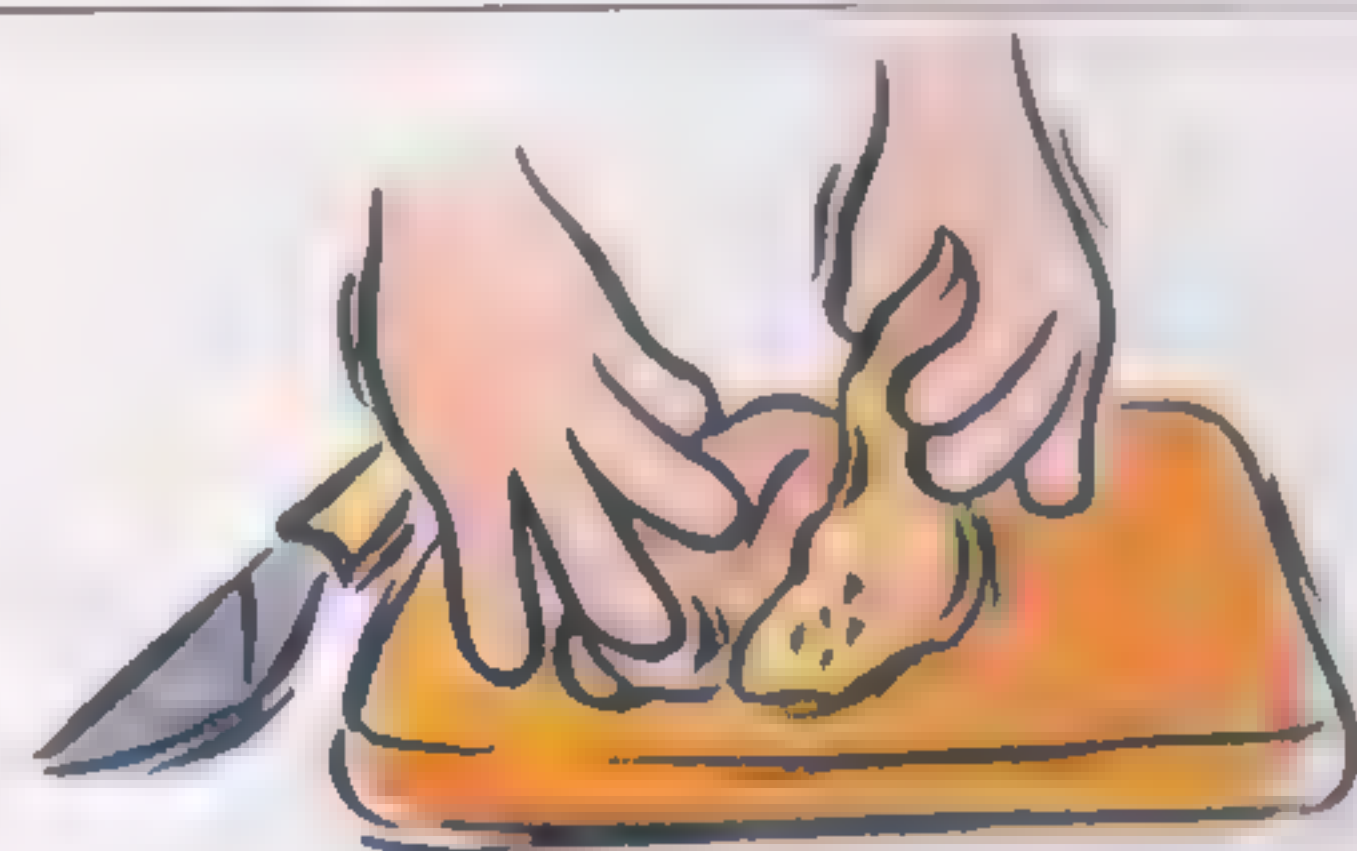
Chicken and Pumpkin Hotpot

500 g boneless chicken meat — breasts or thighs
1 tablespoon oil
400 g can savoury tomatoes
2 tablespoons tomato paste
½ cup water

1 cup peeled, diced pumpkin
salt and freshly ground black pepper to season

cooked rice or mashed potatoes to serve

1 Remove skin and visible fat from chicken. Cut into bite-sized pieces.



2 Heat oil in a frying pan. Cook chicken for 4–5 minutes, stirring often.

3 Add tomatoes, tomato paste, water and pumpkin. Stir well. Cover pan and simmer for 10 minutes.



4 Remove lid and simmer, uncovered, for a further 10–15 minutes until sauce is thick.

5 Season to taste with a little salt and pepper. Serve on a bed of cooked rice or with mashed potatoes. Serves 4.



Cook's Tip

Cut pumpkin into 1-cm dice so it cooks quickly.
Kumara can be used instead of pumpkin.

Bacon-wrapped Sausages



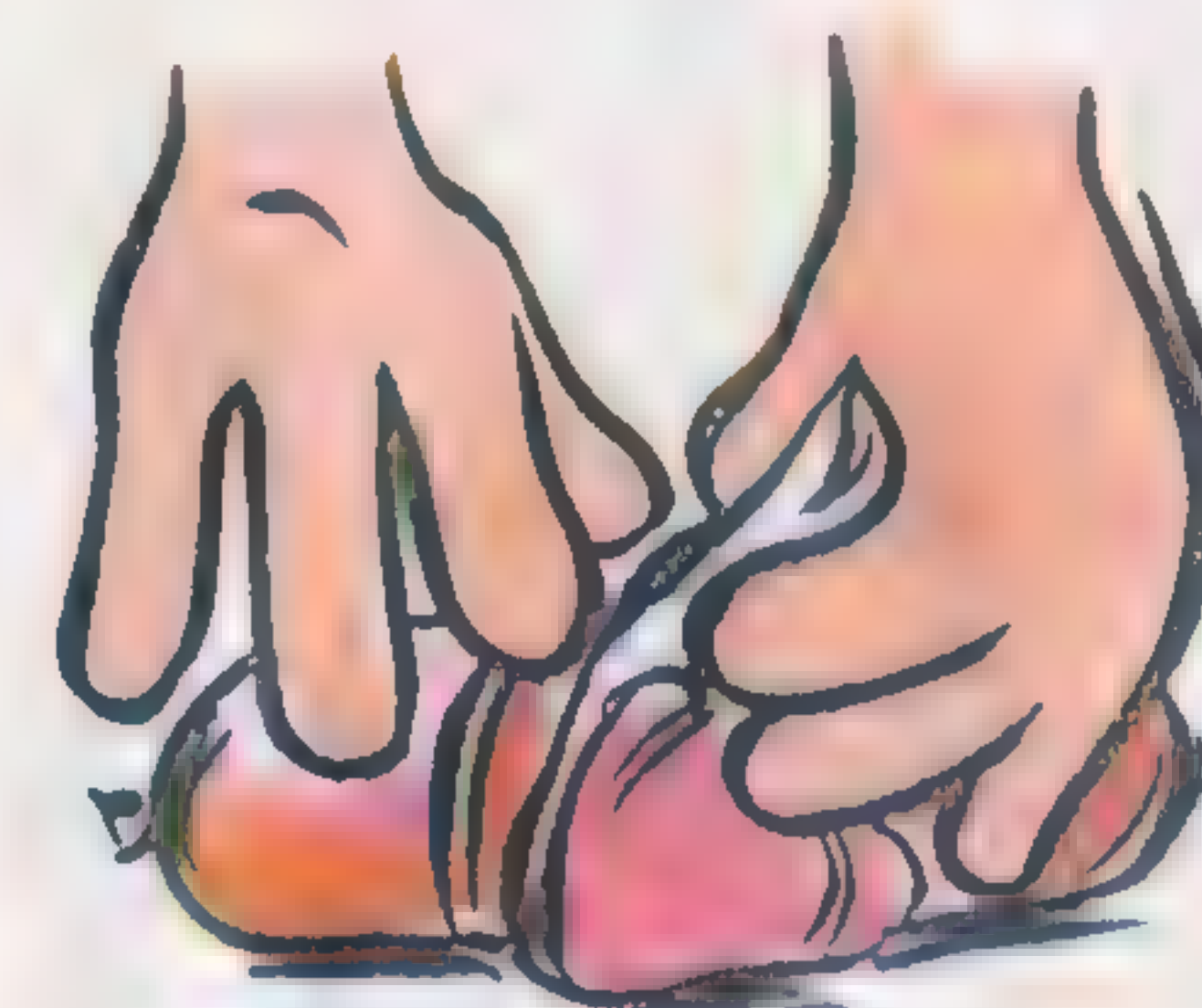
12 sausages

8 rashers rindless bacon

1 Prick sausages with a fork.

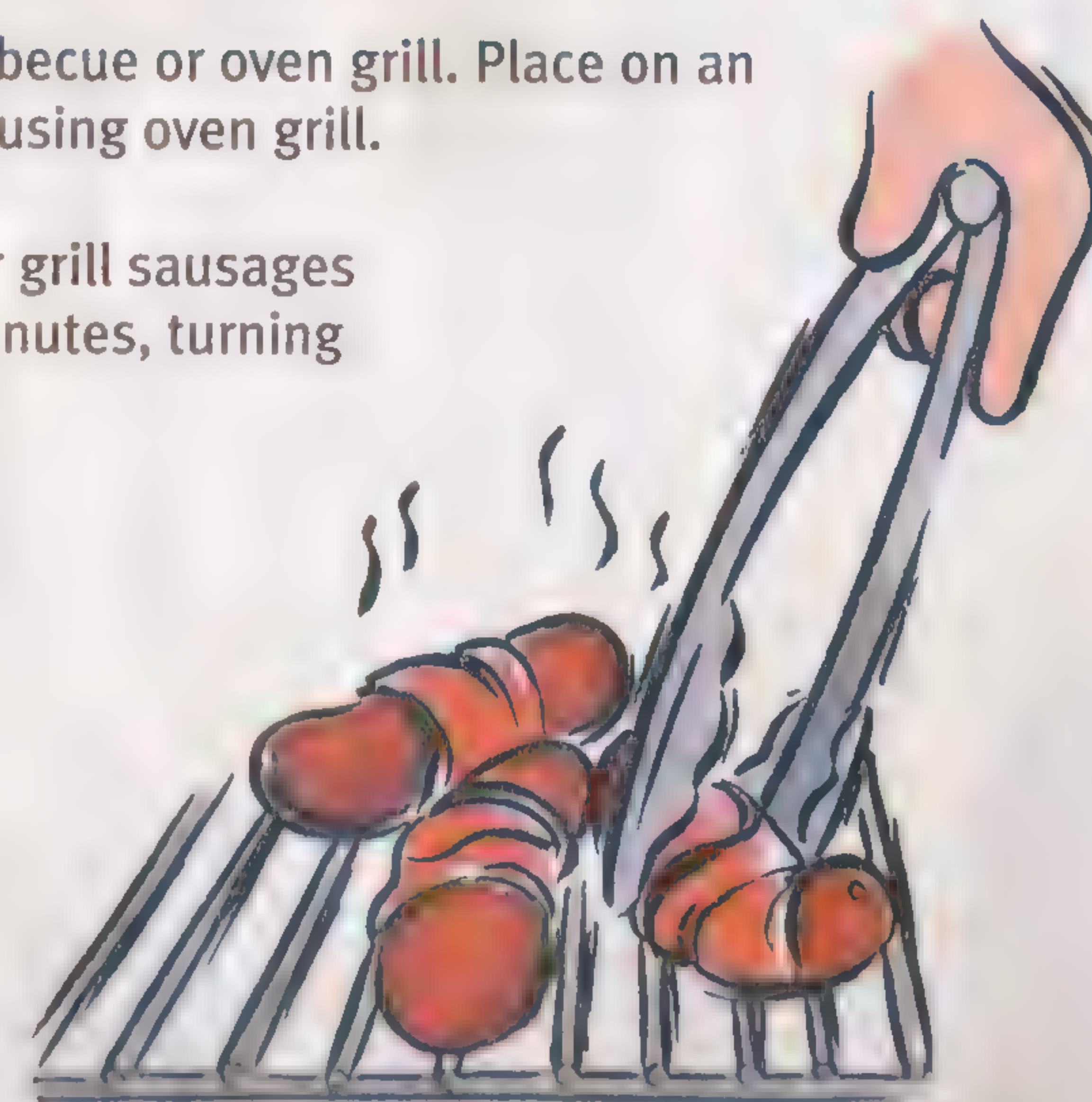


2 Wrap a rasher of bacon around each sausage.



3 Preheat barbecue or oven grill. Place on an oven tray if using oven grill.

4 Barbecue or grill sausages for 12–15 minutes, turning occasionally.





Macaroni Cheese

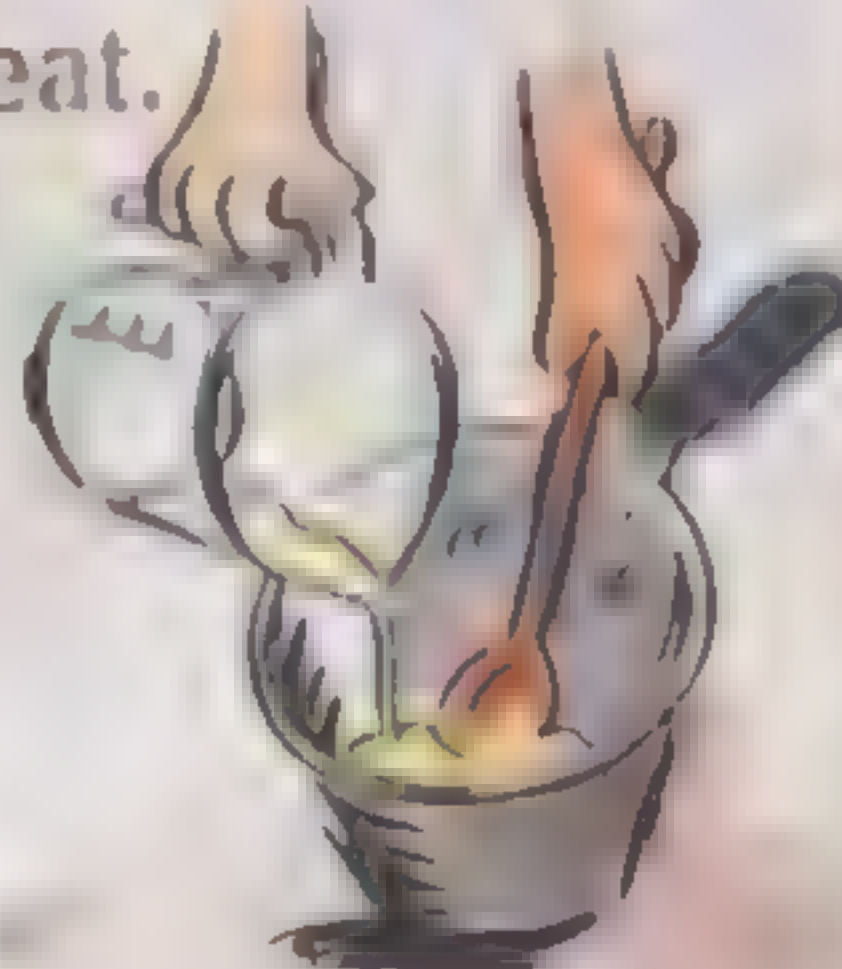
- 1½ cups Diamond Macaroni Elbows** **2 cups milk**
2½ cup grated cheddar cheese
salt and freshly ground black pepper to season
- White Sauce**
50 g butter
1 small onion, finely chopped
¼ cup Champion standard grade flour
½ teaspoon dry mustard (optional)
- Topping**
1 cup grated cheddar cheese

1 Cook macaroni according to instructions on the packet. Meanwhile, make the sauce.

2 For the sauce, place butter in a saucepan. Melt over a low heat. Add onion and cook for 5 minutes until soft.



3 Add flour and stir constantly for 2 minutes. Remove from heat. Stir in mustard. Gradually add milk, stirring constantly.



4 Return pan to heat, stirring constantly until sauce thickens and comes to the boil.

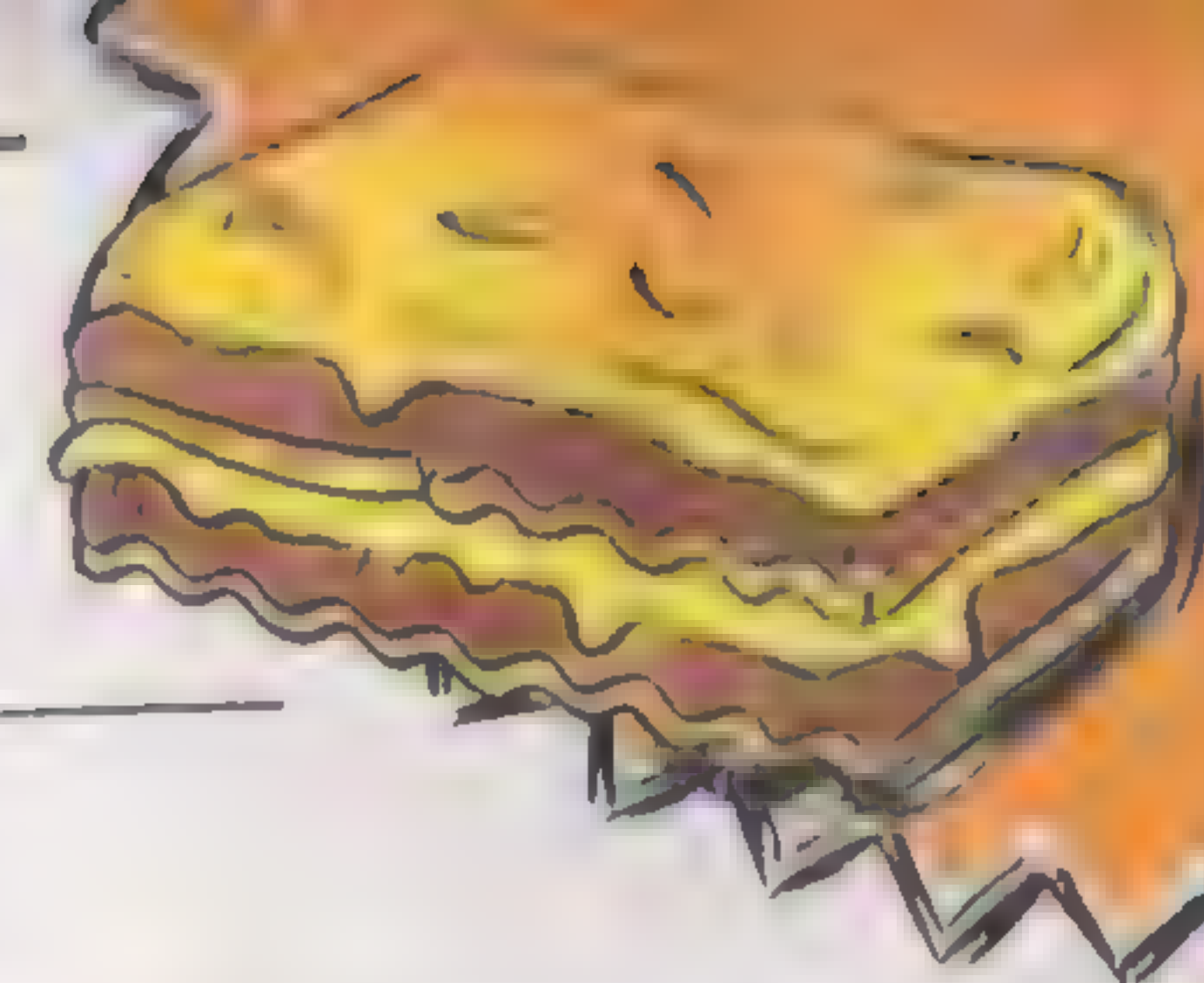
5 Remove from heat. Stir in cheese. Season to taste with salt and pepper.



6 Preheat oven to 180°C. Stir macaroni into cheese sauce. Transfer to an ovenproof dish. Sprinkle over cheese topping. Bake for 20 minutes or until golden. Serves 4.



Lasagne



- 1 cup meat for Meat Sauce (see page 24)**
1 cup meat for White Sauce (see page 40)
400 g Diamond Italian Style Wide Lasagne

1 cup grated cheddar cheese

1 Make Meat Sauce — follow Steps 1–2 of Nachos recipe on page 24.

2 Make White Sauce — follow Steps 2–5 of Macaroni Cheese recipe on page 40, leaving out the onion.

3 Half fill a large saucepan with water. Bring to the boil. Add lasagne and stir with a fork. Boil for 6–8 minutes or until 'al dente' (firm to the bite).



4 Drain lasagne in a sieve. Preheat oven to 180°C. Grease an ovenproof dish.



Arrange half the lasagne over base of dish. Spread with half the Meat Sauce, then half the White Sauce.

6 Repeat layers in Step 5 once more. Sprinkle with cheese. Bake for 25 minutes. Serves 5–6.





Ham Frittata

- | | |
|---|---|
| 2 tablespoons oil | salt and freshly ground black pepper to season |
| 1 onion, finely chopped | 2 cups diced cooked potatoes (about 2 large potatoes) |
| 1 cup small broccoli florets (optional) | 4 slices ham, diced |
| 2 cloves garlic, crushed | 1½ cups grated cheddar cheese |
| 1 tablespoon Dijon mustard | |
| 8 eggs | |

1 Heat oil in a heavy-based frying pan with a heatproof handle. Cook onion, broccoli, garlic and mustard over a medium heat for 5 minutes.



2 Lightly beat eggs and salt and pepper.

3 Add potatoes and ham to pan and stir. Spread evenly over base of pan. Reduce heat to low. Pour eggs evenly over vegetable mixture. Sprinkle with cheese.



4 Cook for about 8 minutes until frittata is half cooked. Meanwhile, preheat oven grill.

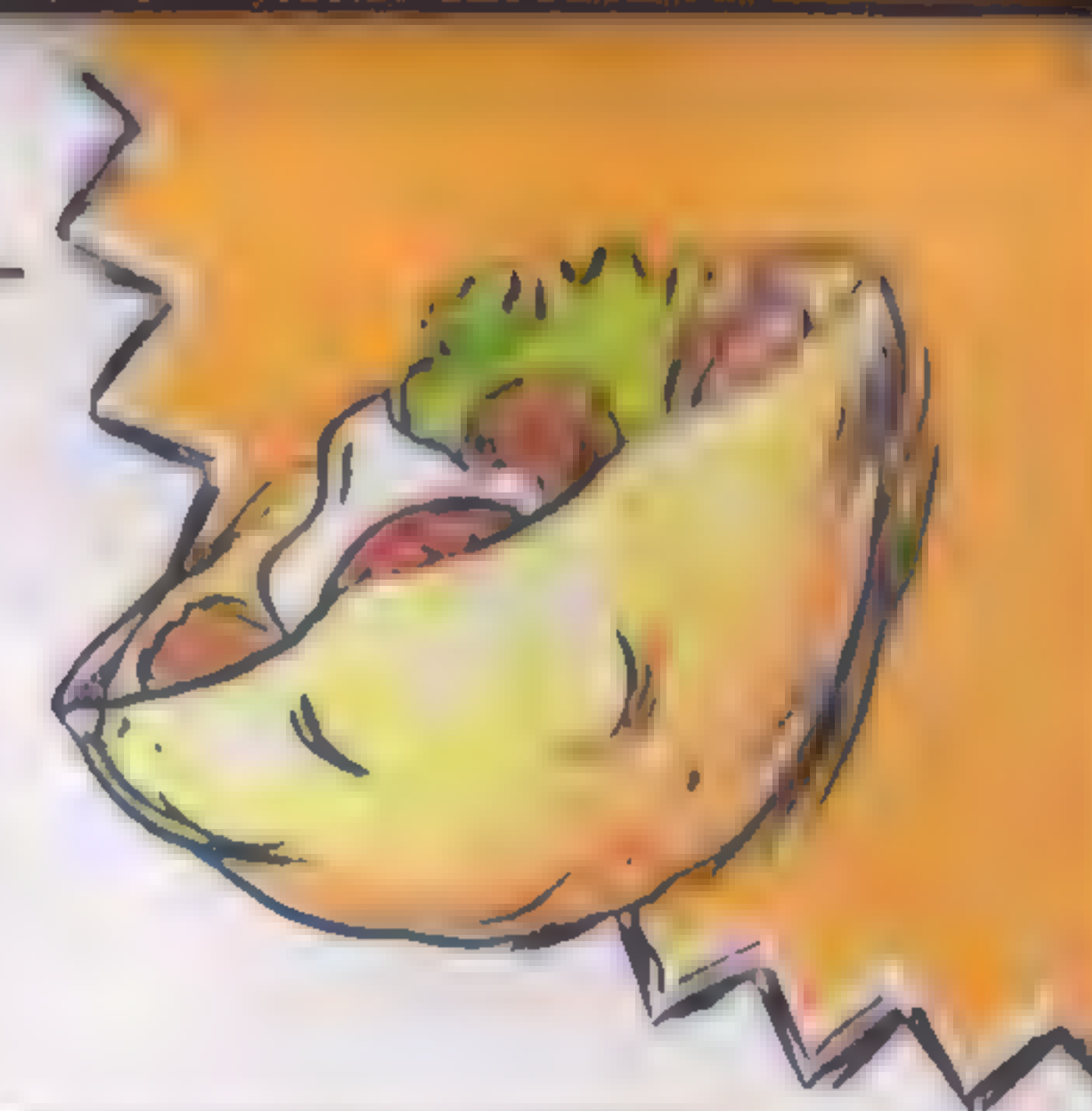
5 Place frittata under grill for 3–4 minutes until set and golden. Leave in pan for 5 minutes before cutting into wedges. Serve warm or cold.



Cook's Tip

Ask a grown-up to help with placing pan under the grill – the pan (and grill) will be very hot!

Felafel in Pita Bread

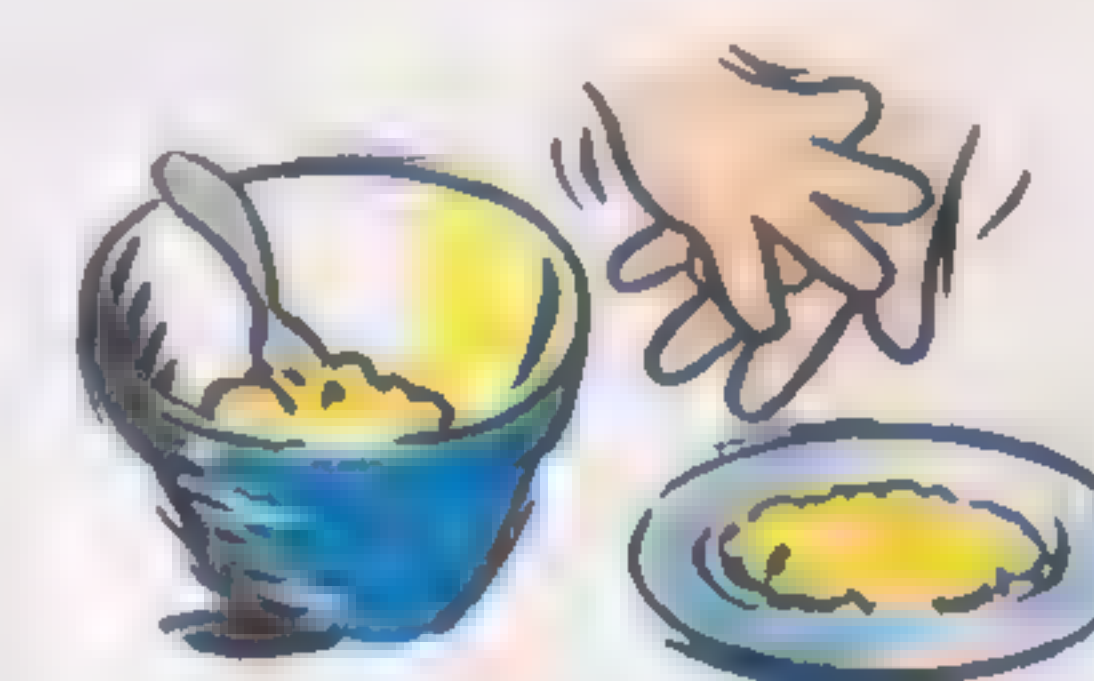


- | | |
|---|--|
| 1 x 400 g can chickpeas in brine, drained | freshly ground black pepper to season |
| 1 stalk celery, chopped | Champion standard grade flour to coat |
| 1 teaspoon crushed garlic | vegetable oil to cook |
| 1 tablespoons Champion standard grade flour | |
| 1 tablespoons tahini (sesame paste) | pita bread to serve |
| 1 teaspoon ground cumin | shredded lettuce, grated carrot, grated cheese, sliced tomato and sliced cucumber to serve |
| ½ teaspoon turmeric | |
| ½ teaspoon salt | |

1 Place in a food processor all ingredients except the flour to coat and oil. Blend until coarse.

2 Transfer to a bowl. Cover with plastic food wrap and refrigerate for 1 hour.

3 Spread a little flour onto a flat plate. Take large teaspoonfuls of mixture and roll into balls, then roll in flour to lightly coat.



4 Pour oil into a frying pan to a level of 1 cm. Heat pan over a medium heat. Cook felafel for about 5 minutes or until golden, turning once.



5 Drain on paper towels. Use felafel and salad ingredients to fill pita bread. If desired, drizzle over yoghurt. Makes 36 felafels.





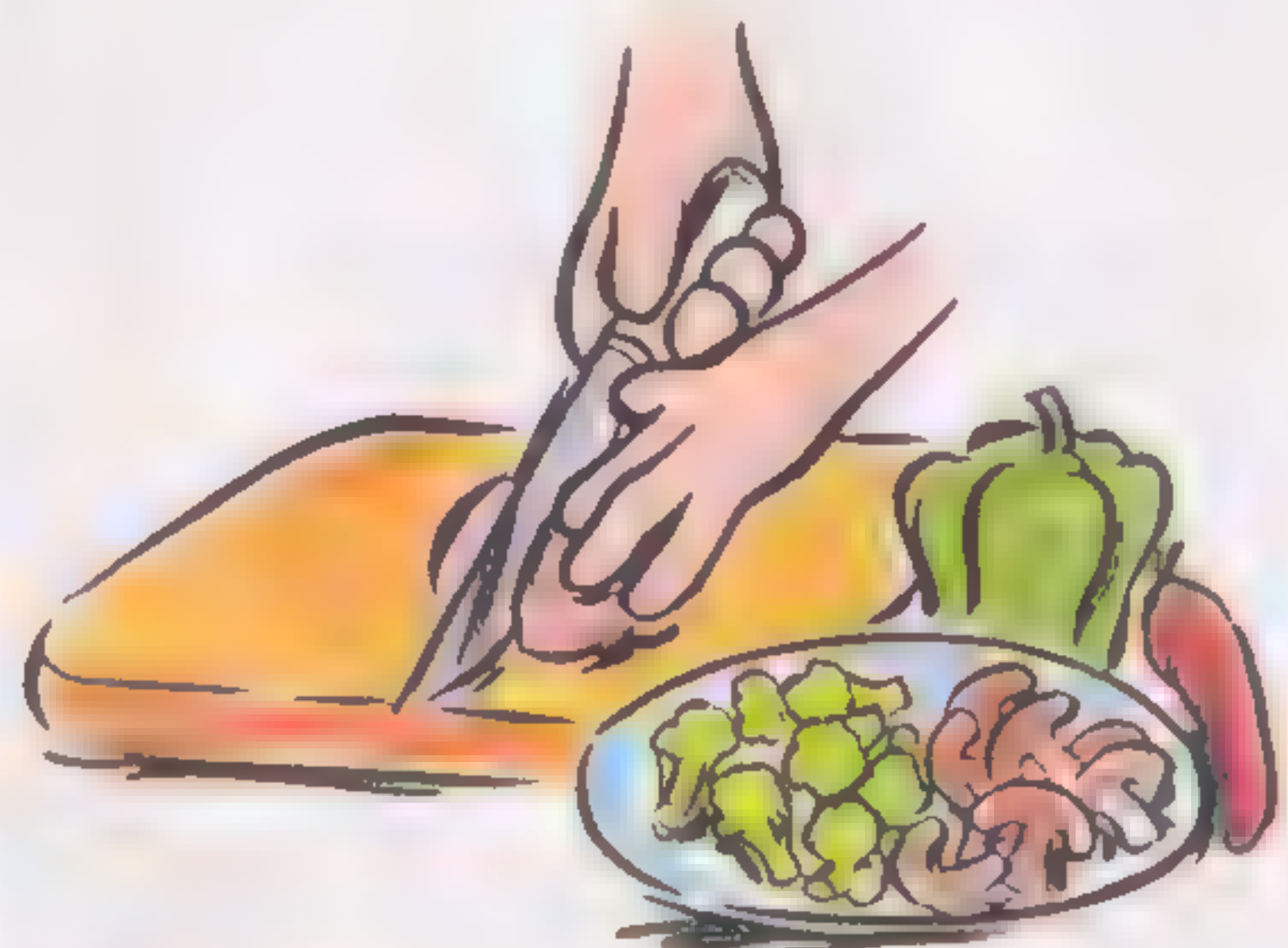
Stir-fried Vegetables

1 onion, thinly sliced
1 clove garlic, crushed
1 carrot, peeled and thinly sliced
1 green pepper, thinly sliced
1 stalk celery, thinly sliced

1 small head of broccoli, cut into florets
100 g mushrooms, sliced
2 tablespoons water

1 Ensure all vegetables are prepared before commencing cooking.

2 Heat oil in a wok or large frying pan. Cook onion and garlic for 3 minutes, stirring often.



3 Add remaining vegetables and cook for 3-4 minutes, stirring often.

4 Add water to wok. Stir well. Cook gently for a further 3-4 minutes until vegetables are just tender and the water has evaporated.



Cook's Tip

Make sure you slice all vegetables thinly so they will cook quickly. Any seasonal vegetables of your choice can be included or substituted, e.g. beans, asparagus, cauliflower.

Chapter 3

Desserts





Upside-down Cake

25 g butter
 ½ cup brown sugar
 1 cup drained pineapple, peach or pear slices

Batter

100 g butter
 ½ cup white sugar
 1 egg

1 teaspoon vanilla essence
 1½ cups Champion standard grade flour
 2 teaspoons Edmonds baking powder
 ¾ cup milk

custard or cream to serve

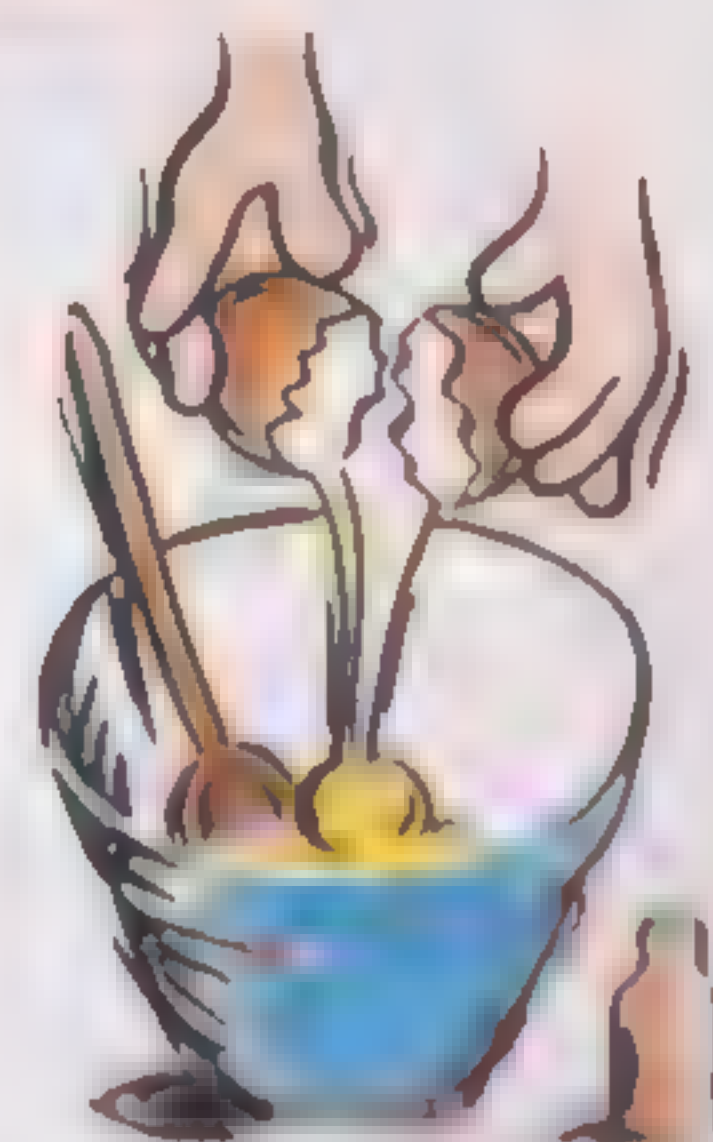
1 Preheat oven to 180°C. Melt first measure of butter. Stir in brown sugar. Spread over the base of a 20-cm-diameter cake tin.

2 Arrange drained fruit over sugar mixture.



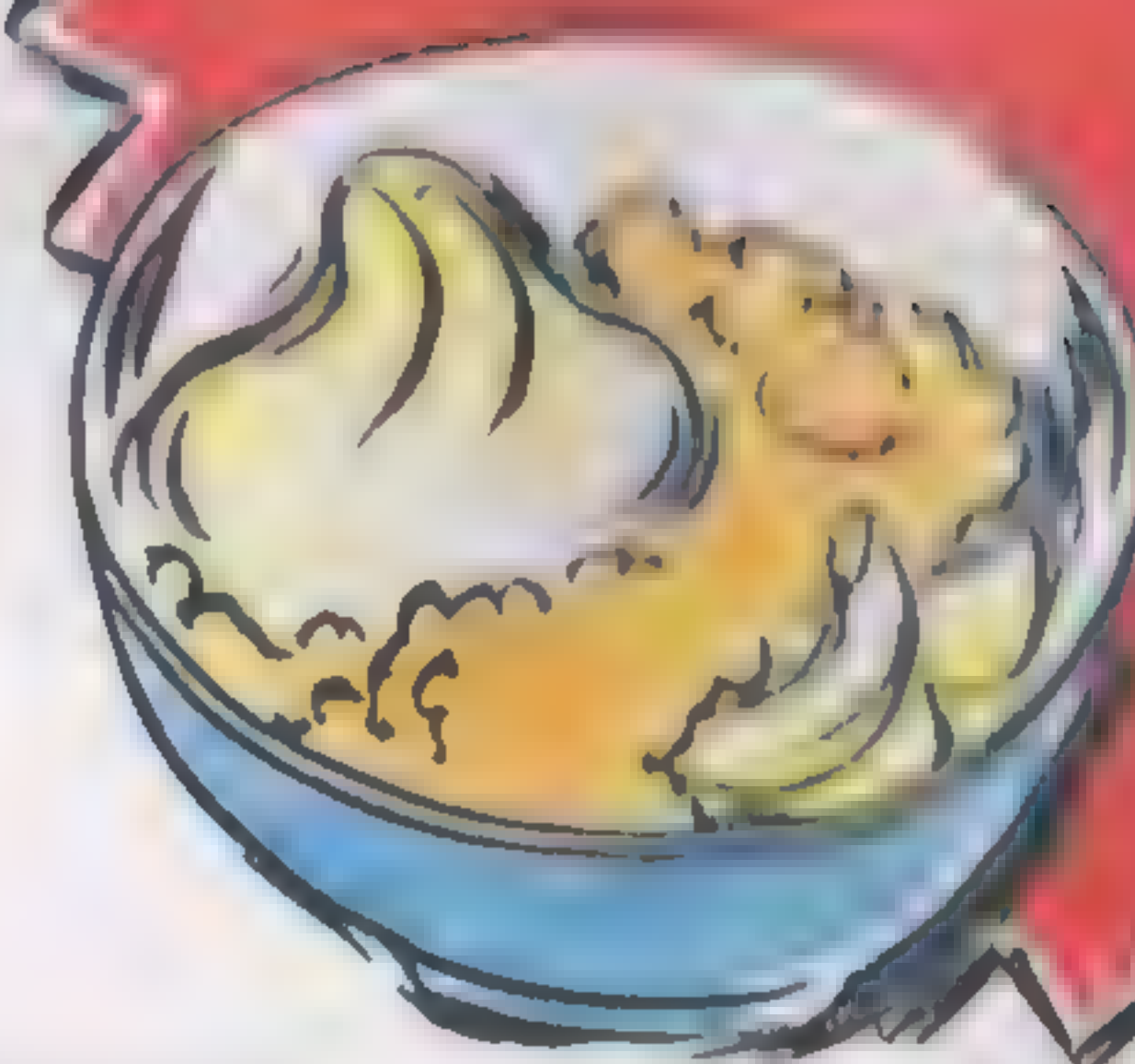
3 To make the batter, beat butter and sugar until light and creamy. Add egg and essence. Beat well.

4 Sift flour and baking powder into a bowl.



5 Stir flour and milk into butter mixture. Spread over fruit.

6 Bake for 40 minutes. Stand for 5 minutes before turning onto a serving plate. Serve warm with custard or cream.



Apple Crumble

6 medium apples
 ¼ cup water
 1 teaspoon lemon juice
 ¼ teaspoon grated lemon zest
 1 teaspoon cinnamon

¾ cup Champion standard grade flour

¾ cup brown sugar
 100 g butter

cream to serve

1 Preheat oven to 180°C. Peel, core and slice apples. Scatter over the base of a large pie dish.



2 Sprinkle water, juice, zest and cinnamon over apples.

3 Put flour and sugar in mixing bowl. Chop up butter and add.

4 With clean fingers rub butter into flour until it looks crumbly.



5 Sprinkle crumble over apples. Bake for 40–45 minutes. Serve hot with cream.



Cook's Tip



Fudge Pudding

1 cup Champlon standard grade flour
1 teaspoon Edmonds baking powder
2 tablespoons cocoa
¼ cup sugar
50 g butter
½ cup milk

1 teaspoon vanilla essence

Topping

½ cup brown sugar
1 tablespoon cocoa
1 cup hot instant coffee

cream to serve

1 Preheat oven to 180°C. Grease a 5-cup-capacity ovenproof dish.

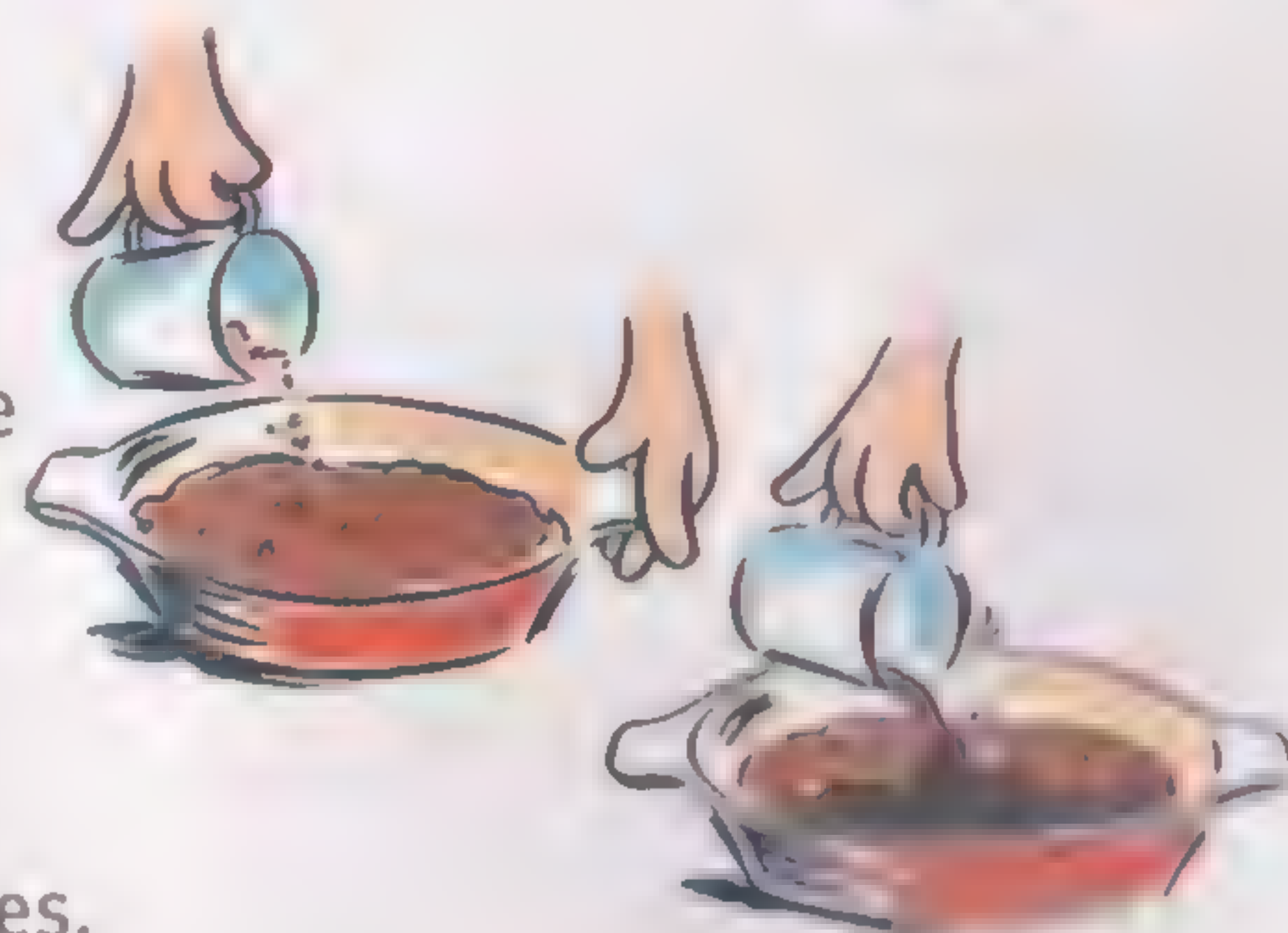
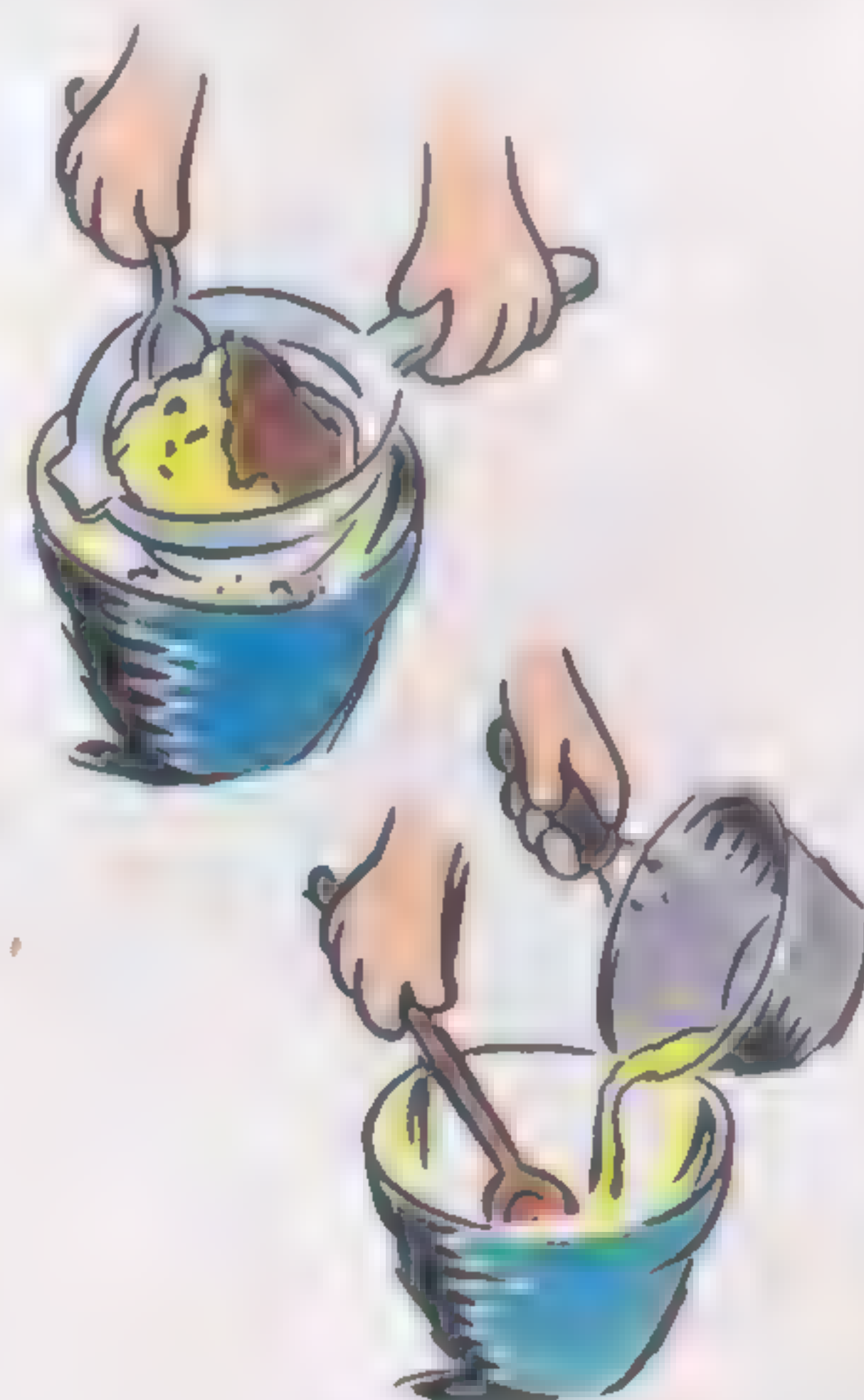
2 Sift flour, baking powder and cocoa into a bowl. Stir in sugar.

3 Place butter and milk in a small saucepan. Stir over a low heat until butter melts. Remove from heat. Stir in essence. Add butter mixture to dry ingredients. Mix well.

4 Spread evenly over base of dish.

5 To make topping, mix sugar and cocoa together in a cup. Sprinkle over pudding. Carefully pour coffee over pudding — do not stir.

6 Bake for 40–45 minutes. Serve warm with cream.



Pancakes

1 cup Champlon standard grade flour
1 egg
¼ teaspoon salt

about 1 cup milk
butter to grease



1 Sift flour and salt into a bowl. Add egg and mix lightly with a fork.

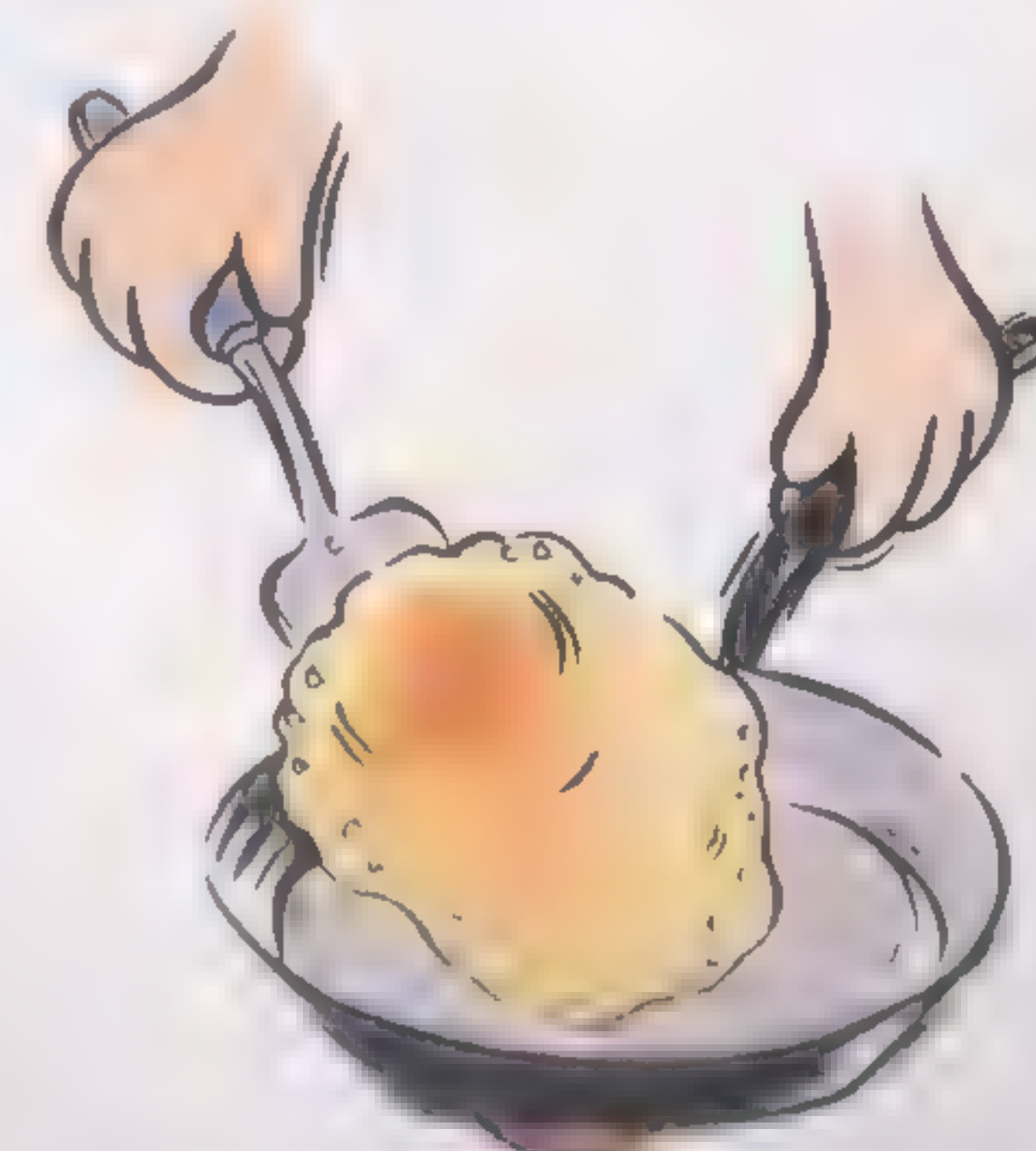
2 Gradually add milk, mixing constantly until smooth with a wooden spoon.

3 Cover with plastic food wrap and refrigerate for 1 hour — the batter will thicken.

4 Grease a small frying pan with butter. Heat pan. Pour in enough batter to just cover base of pan.

5 Cook for about 2 minutes until golden on underside.

6 Turn and cook other side. Keep warm while cooking remaining pancakes. Makes about 6–8 pancakes.





Caramel Sauce

75 g butter
 1/2 cup brown sugar
 2 teaspoons Edmonds Fielder's cornflour

1/4 cup cold water
 1/4 cup cream
 Ice-cream to serve

1 Put butter and brown sugar in a small saucepan. Stir over a low heat until mixture comes to the boil.



2 Simmer gently for 2 minutes. Remove from heat.

3 Whisk cornflour and cold water together in a cup. Slowly add it to pan, stirring continuously.



4 Return pan to heat. Stir continuously until sauce thickens and comes to the boil. Remove from heat. Stir in cream.

5 Serve over ice-cream.



Chocolate Sauce

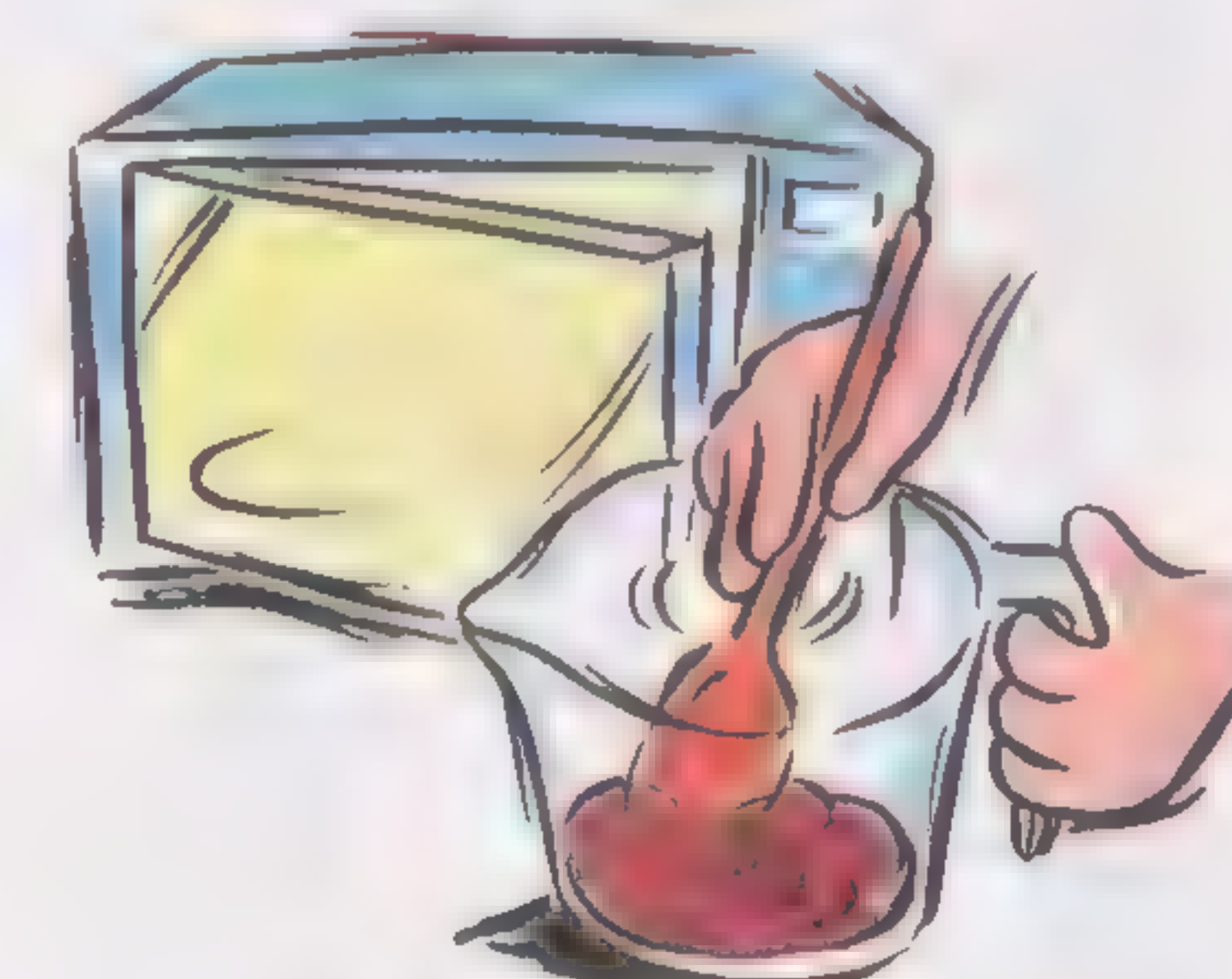


1 tablespoon cocoa
 1 teaspoon Edmonds Fielder's cornflour

25 g butter
 1/4 cup golden syrup
 3 tablespoons water

1 Place all ingredients in a microwave-proof jug. Stir well.

2 Cook on 100% power for 1 minute. Stir well.



3 Cook on 100% power for a further 1 1/2 minutes. Stand for 1 minute.

Cook's Tip





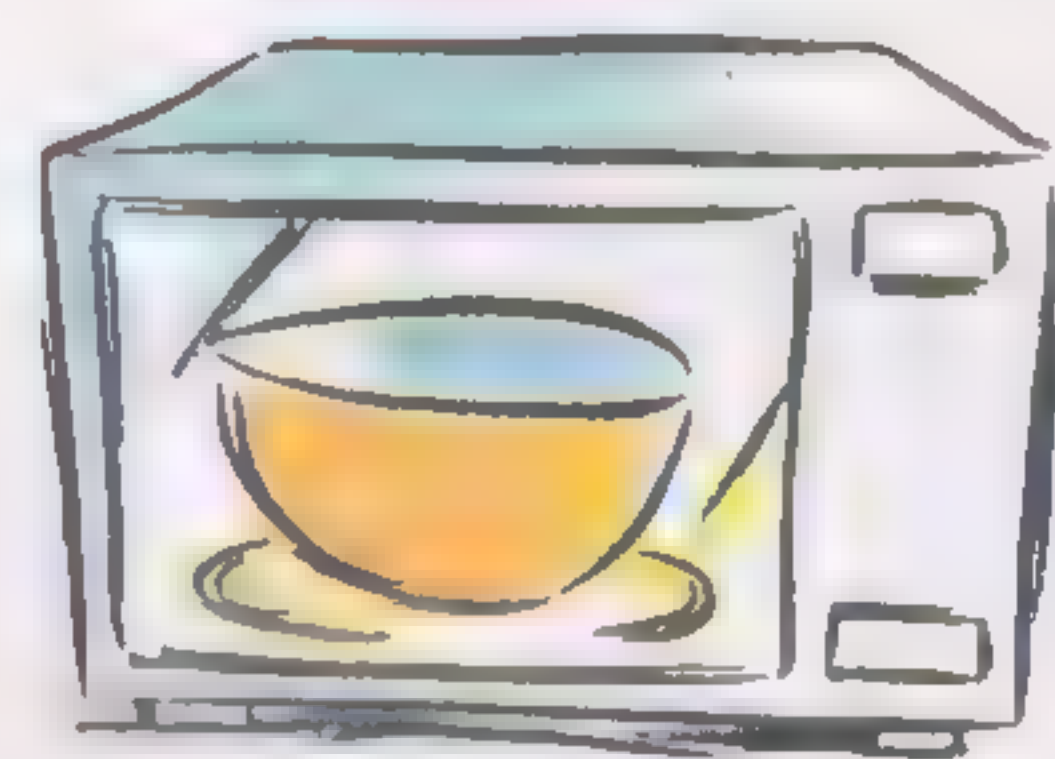
Little Puddings



4 tablespoons jam
50 g butter
¼ cup sugar
1 egg
1 cup Champion standard grade flour

1 teaspoon Edmonds baking powder
½ cup milk

1 Lightly grease 4 straight-sided mugs. Put 1 tablespoon jam in the base of each mug.



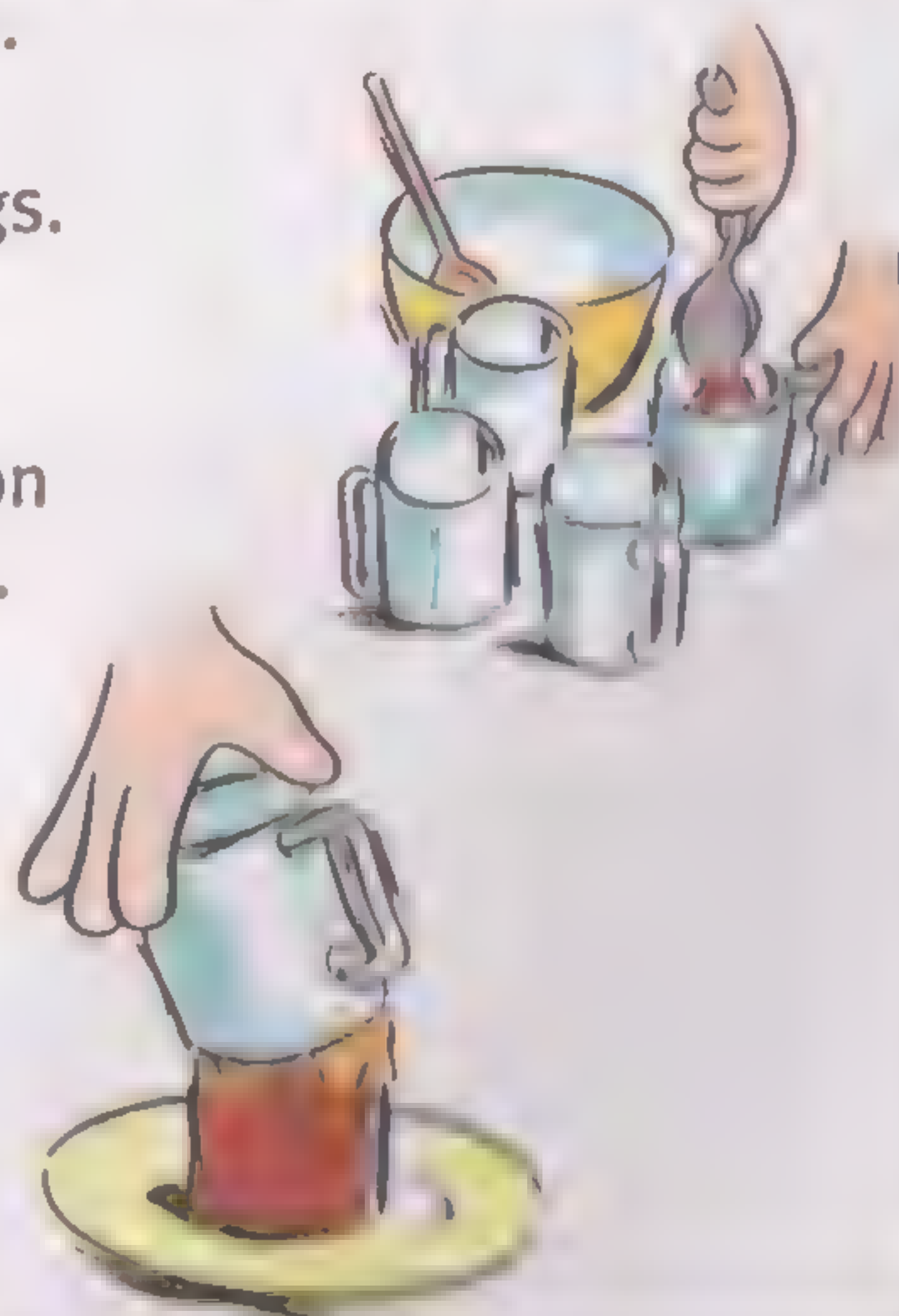
2 Put butter in a bowl. Melt in microwave on 100% power for 60 seconds. Add sugar and egg. Mix well.

3 Sift flour and baking powder into a bowl. Add flour and milk to sugar mixture. Mix well.

4 Spoon mixture evenly into mugs.

5 Put mugs in microwave. Cook on 100% power for 3½–4 minutes.

6 Stand for 1 minute. Run knife round edge. Tip puddings out.



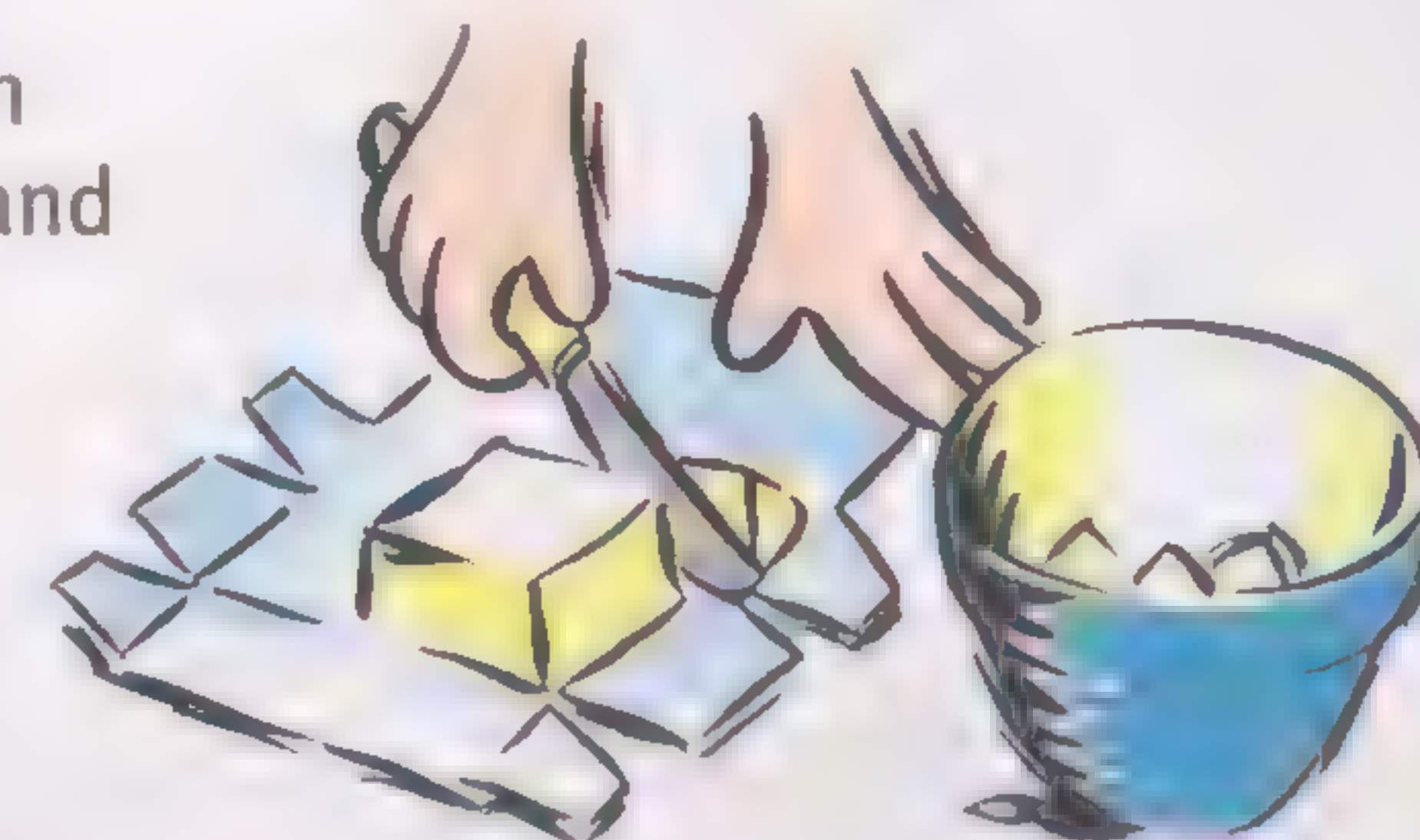
Rocky Road Ice-cream



1 litre vanilla ice-cream
20 marshmallows, quartered

½ cup chocolate chips
½ cup blanched peanuts

1 Remove ice-cream from packet. Chop roughly and place in a large bowl.



2 Allow to soften slightly.

3 Add marshmallows, chocolate chips and peanuts.



4 Mix until ingredients are combined — don't allow ice-cream to melt.

5 Transfer to a container. Cover and freeze for 3 hours or until firm.





Fruit Salad Skewers

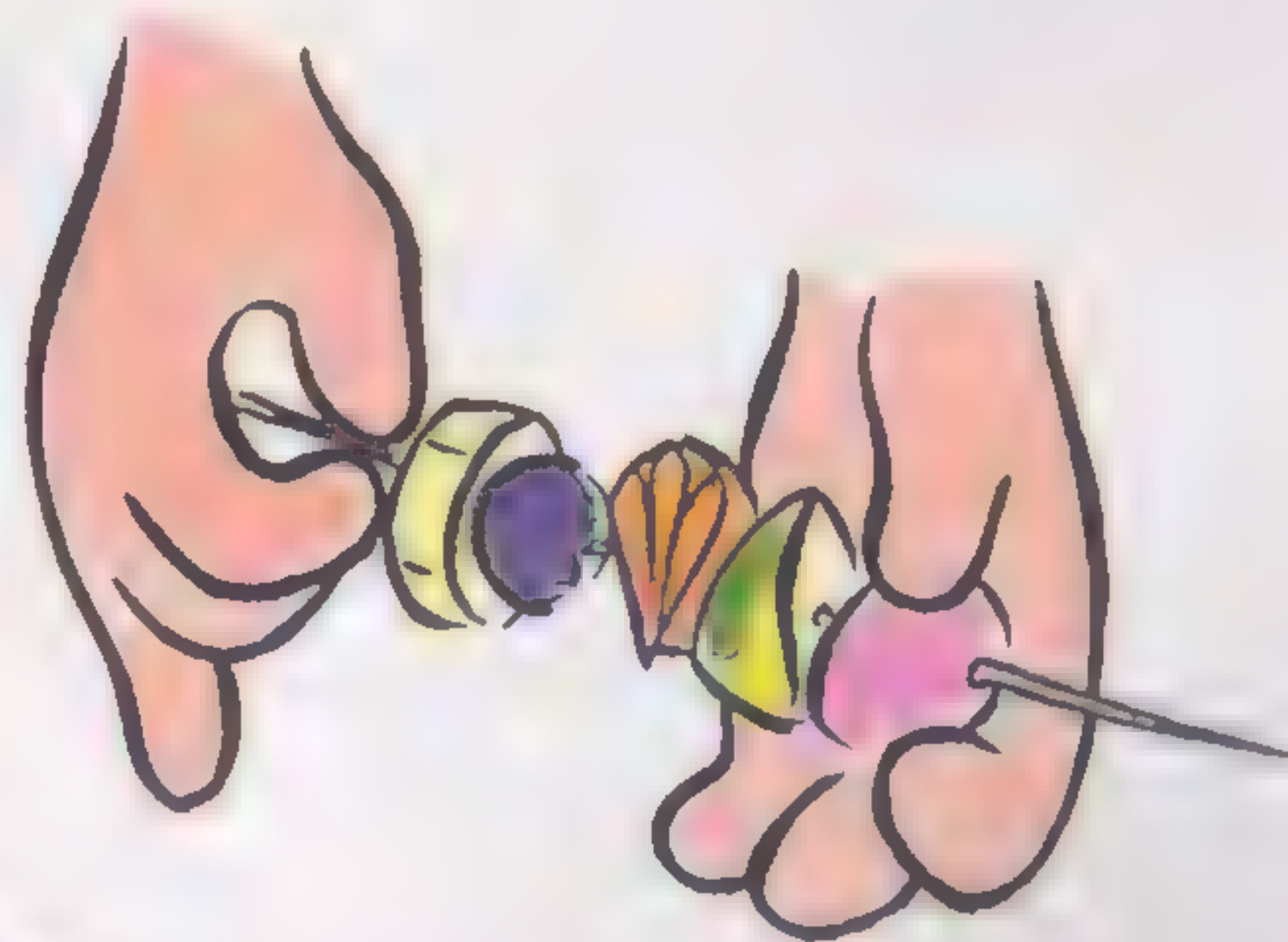
selection of fresh seasonal fruit,
e.g. strawberries, grapes, melon,
oranges, bananas, plums,
nectarines, peaches, apricots

wooden skewers
marshmallows

1 Peel fruit such as bananas, melon and oranges. Cut fruit into bite-sized pieces.



2 Thread fruit onto skewers, including 2 marshmallows per skewer.



3 Pile onto a serving plate.

Cook's Tip

For a more indulgent treat, add a dollop of whipped cream to the fruit salad.

Chapter 4

Baking and Sweet Treats





Chocolate Cake

- | | |
|--------------------------------------|-----------------------------------|
| 125 g butter, chopped | 2 teaspoons Edmonds baking powder |
| 1 cup milk | 1/4 cup cocoa |
| 1/2 teaspoon Edmonds baking soda | 3/4 cup sugar |
| 1 teaspoon vanilla essence | 1 teaspoon vanilla essence |
| 2 eggs | 2 eggs |
| 2 cups Champion standard grade flour | |

1 Preheat oven to 180°C. Grease a 20-cm-diameter tin. Line base with baking paper.

2 Place butter and milk in a saucepan. Stir over a low heat until butter is melted. Remove from heat. Stir in baking soda. Set aside to cool for 10 minutes.



3 Sift flour, baking powder and cocoa into a large bowl. Stir in sugar.



4 Whisk essence and eggs into cooled butter mixture. Pour butter mixture over flour. Mix lightly until ingredients are combined.

5 Transfer mixture to tin. Bake for 45 minutes. Leave cake in tin for 5 minutes, then turn onto a wire rack.



Choc-banana Cake

- | | |
|--------------------------------------|---|
| 125 g butter | 3/4 cup milk |
| 1/2 cup sugar | 1 cup mashed ripe banana (about 2 medium bananas) |
| 1 egg | 3/4 cup chocolate bits |
| 1 teaspoon vanilla essence | |
| 2 cups Champion standard grade flour | |
| 1/2 teaspoons Edmonds baking powder | |
| 1/2 teaspoon Edmonds baking soda | |
- Icing**
- | |
|---------------------------|
| 1 cup icing sugar |
| 1 teaspoon soft butter |
| a little hot water to mix |

1 Preheat oven to 180°C. Grease a 20-cm-diameter ring tin. Line base with baking paper.

2 Place butter in a saucepan. Stir over a low heat until melted. Remove from heat. Add sugar, eggs and essence. Beat well with a wooden spoon.



3 Sift flour, baking powder and baking soda into a bowl. Add milk, egg mixture, mashed banana and chocolate bits.



4 Mix until ingredients are just combined. Transfer to tin. Bake for 45 minutes. Leave in tin for 5 minutes before turning onto a wire rack.

5 When cold, spread with icing. To make icing, mix all ingredients in a bowl until smooth.





Carrot Cake

with Cream Cheese Icing

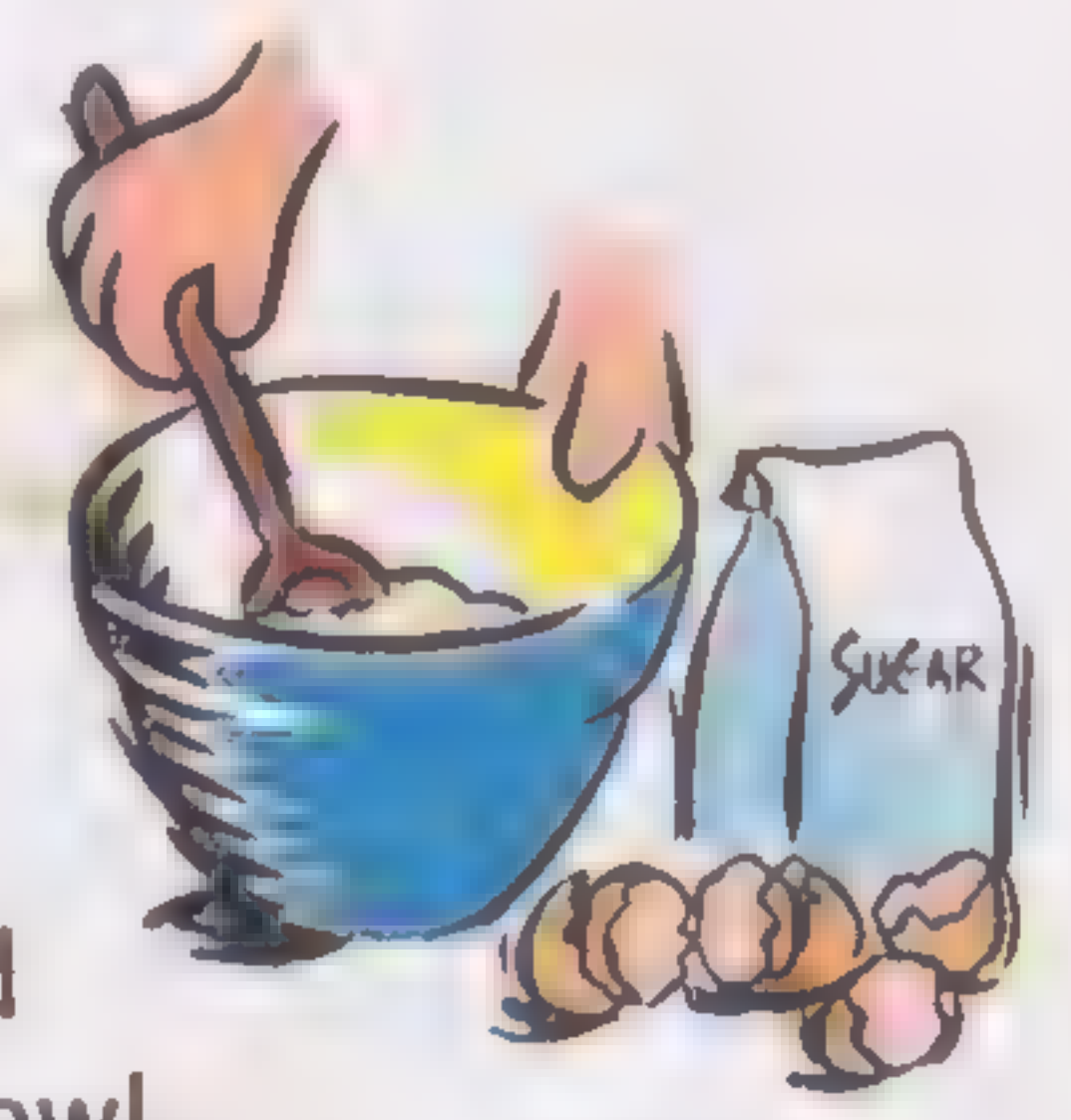
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|---------------------------------------|------------------------------|
| 1 cup sugar | ½ cup chopped walnuts |
| 3 eggs | 3 cups grated carrot |
| ¼ cup vegetable oil | |
| 1 teaspoon vanilla essence | Cream Cheese Icing |
| 1¼ cups Champion standard grade flour | 150 g cream cheese, softened |
| 1 teaspoon Edmonds baking soda | 1 cup icing sugar |
| 1 teaspoon cinnamon | 1 teaspoon lemon juice |

1 Preheat oven to 180°C. Grease a 20-cm-diameter cake tin. Line base with baking paper.

2 Beat sugar and eggs until thick and pale. Stir in oil and essence.



3 Sift flour, soda and cinnamon into a bowl. Fold flour, walnuts and carrot into egg mixture.



4 Transfer to baking tin. Bake for 1 hour or until a skewer inserted in centre of cake comes out clean.



5 Cool cake in tin. When cold, remove from tin and spread with Cream Cheese Icing. To make icing, beat all ingredients until smooth.

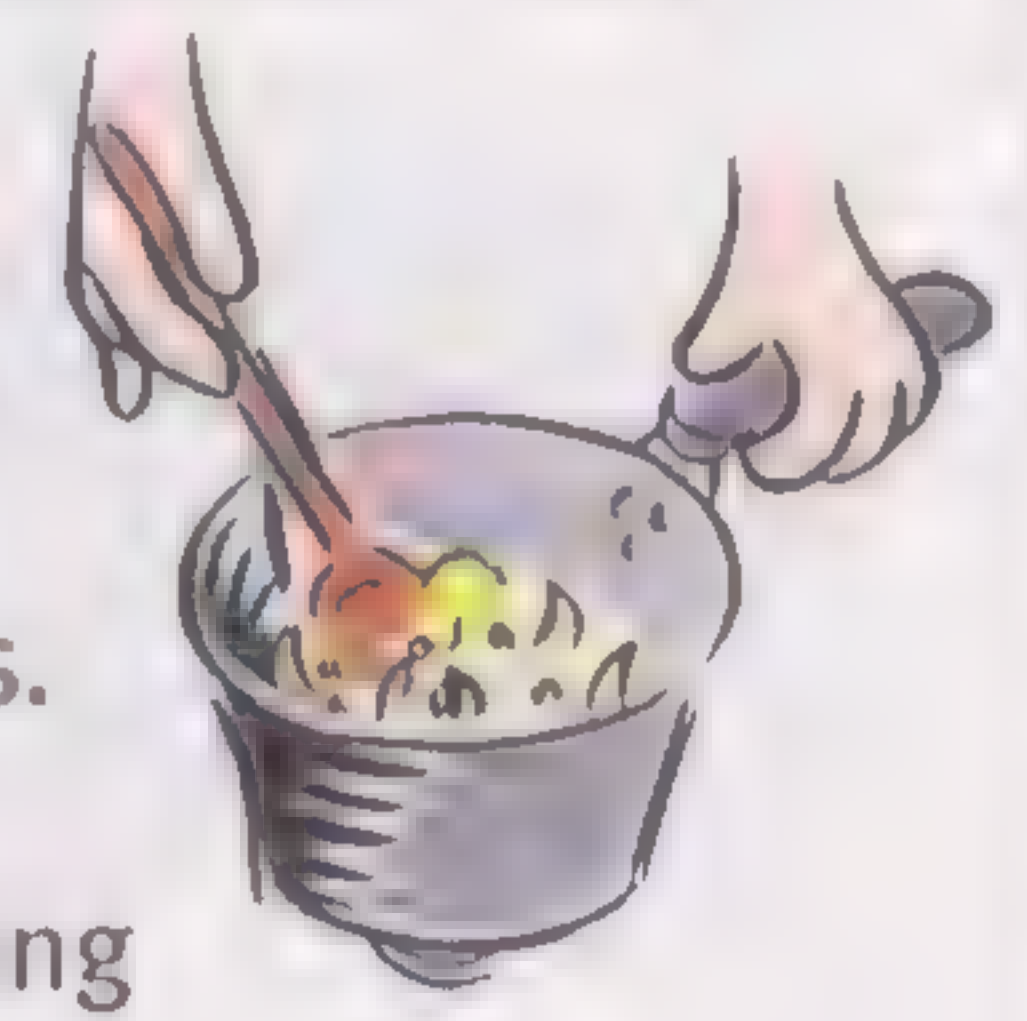


Apple Sultana Cake

- | | |
|-----------------------------------|--------------------------------------|
| 4 apples, peeled, cored and diced | 3 eggs |
| ½ cup sultanas | ¾ cup sugar |
| ½ cup water | 3 cups Champion standard grade flour |
| 250 g butter, chopped | 2 teaspoons Edmonds baking powder |
| 4 tablespoons lemon juice | |
| ½ teaspoon cinnamon | |

1 Preheat oven to 160°C. Grease a 23-cm-diameter cake tin. Line base with baking paper.

2 Combine apples, sultanas and water in a large saucepan. Bring to the boil over a medium heat. Boil, uncovered, for 10 minutes.

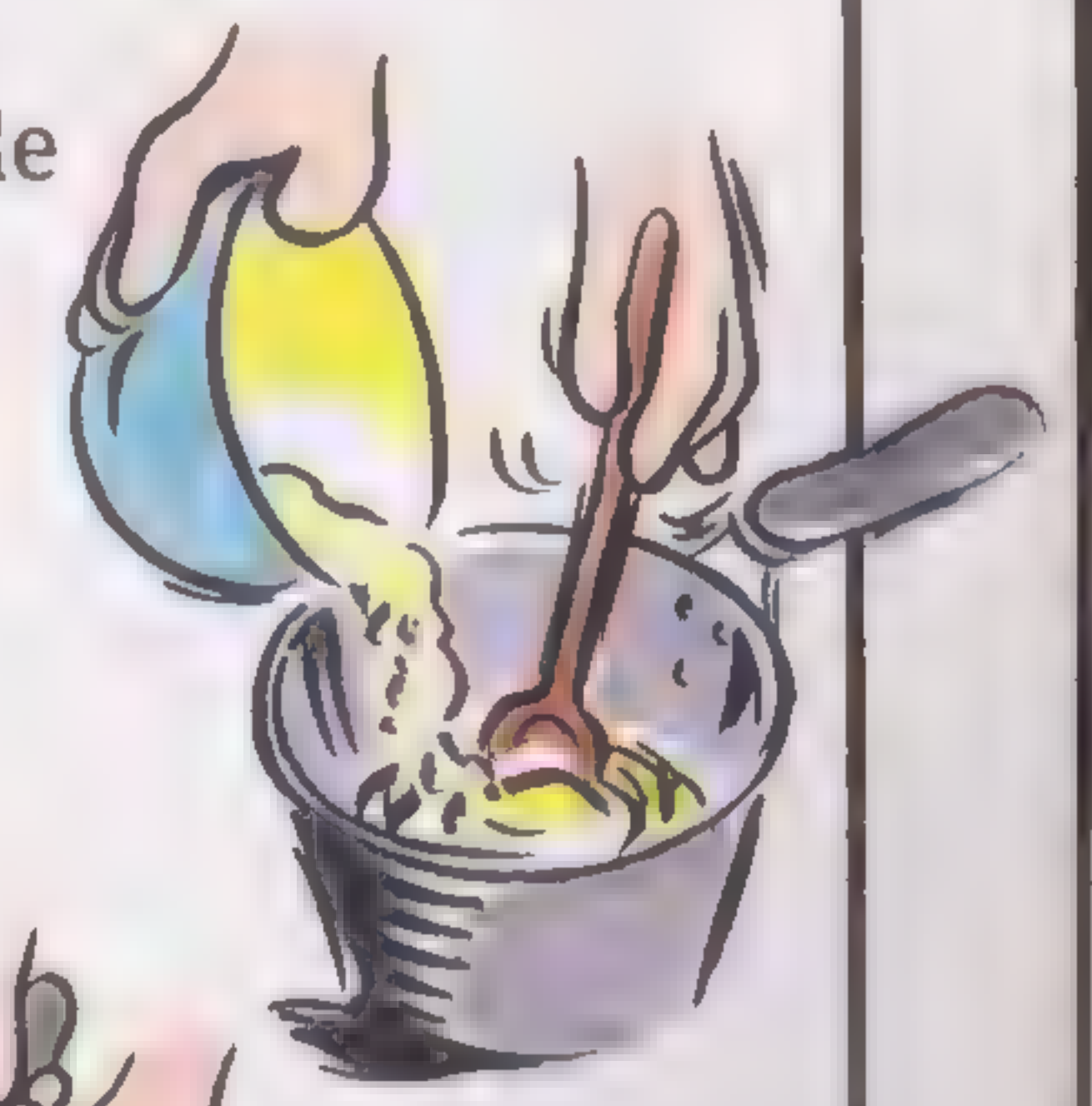


3 Remove pan from heat. Add butter, stirring until it melts. Stir in lemon juice and cinnamon.

4 Using an electric mixer, beat eggs and sugar until thick and pale. Add to saucepan.



5 Sift flour and baking powder. Stir into apple mixture.



6 Transfer mixture to the tin. Bake for 1 hour. Leave cake in tin for 5 minutes before turning onto a wire rack.





Pikelets

1 cup Champion standard
grade flour
1 teaspoon Edmonds
baking powder
¼ teaspoon salt

1 egg
¼ cup sugar
¾ cup milk
butter to grease

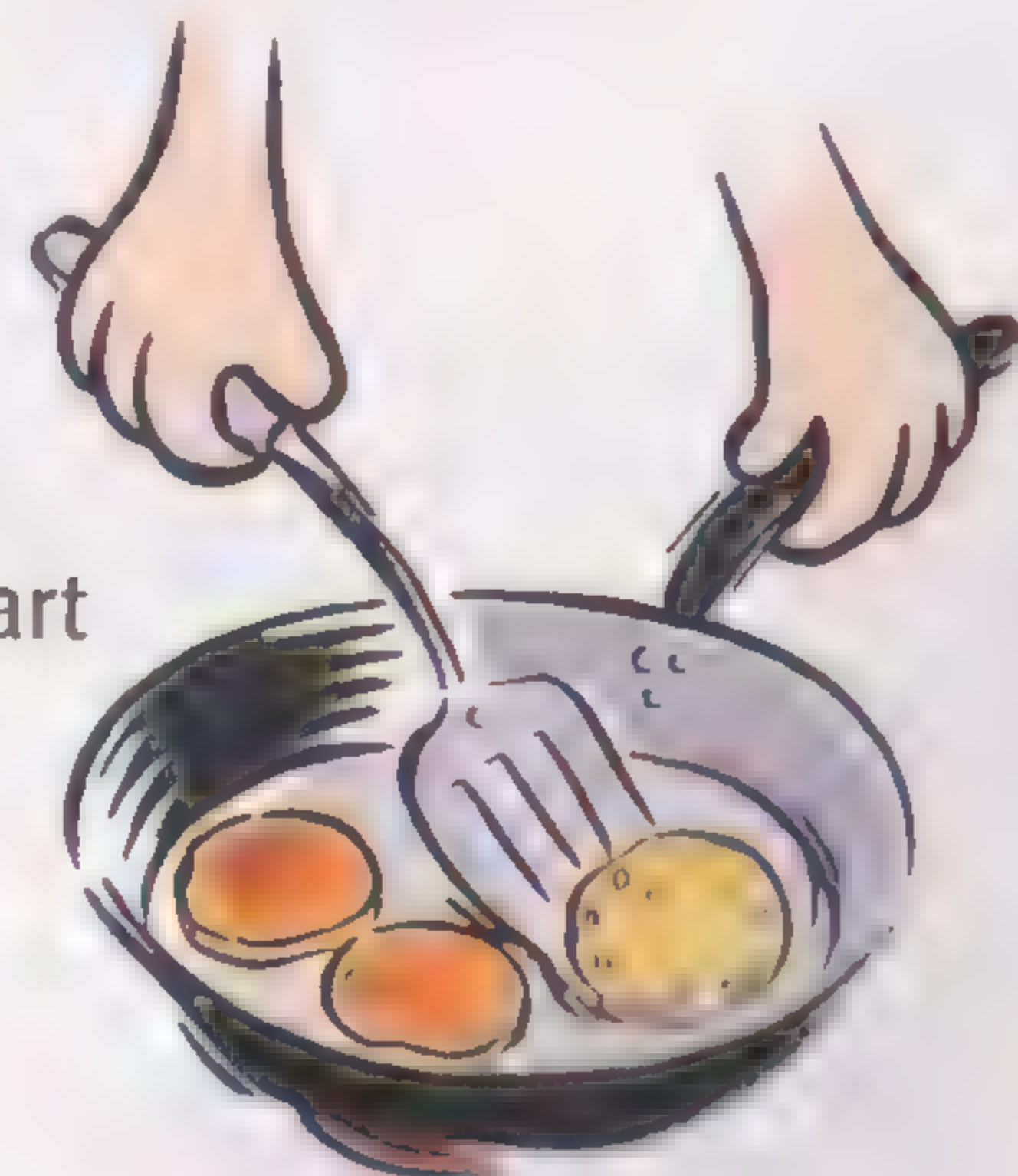
1 Sift flour, baking powder and salt into a bowl.

2 In another bowl beat egg and sugar until thick.

3 Add egg mixture and milk to flour. Mix with a wooden spoon until ingredients are just combined.



4 Lightly grease a heavy-based frying pan with butter. Heat pan. Drop tablespoonfuls of mixture into hot pan.



5 When bubbles appear and start to burst on the top surface, turn pikelets over.

6 Cook other side for about 1 minute until golden.

Scones

1 cup Champion standard grade
flour
1 teaspoon Edmonds baking
powder
¼ teaspoon salt

75 g butter,
chopped
1-1½ cups milk,
approximately
extra milk to brush



1 Preheat oven to 220°C. Lightly dust an oven tray with flour.

2 Sift flour, baking powder and salt into a large bowl. Cut butter into flour until it resembles fine breadcrumbs.



3 Add milk and mix quickly to a soft dough with a knife.

4 Knead a few times, then transfer dough to the oven tray. Press dough into a rectangle about 3 cm thick.



5 Cut into 12 even-sized pieces. Leave a 2 cm space between scones.



6 Brush tops with milk. Bake for 10 minutes until golden. Makes 12.

Cheese Scones: Add ¾ cup grated cheddar cheese to flour after cutting in the butter.

Sultana Scones: Add ¾ cup sultanas to the flour after cutting in the butter.

Cook's Tip



Blueberry Muffins

2 cups Champion standard grade flour
1 teaspoons Edmonds baking powder
¼ cup sugar

1 cup fresh or frozen blueberries
1 cup milk
⅓ cup vegetable oil
1 egg

1 Preheat oven to 200°C.
Grease 12 deep muffin tins.

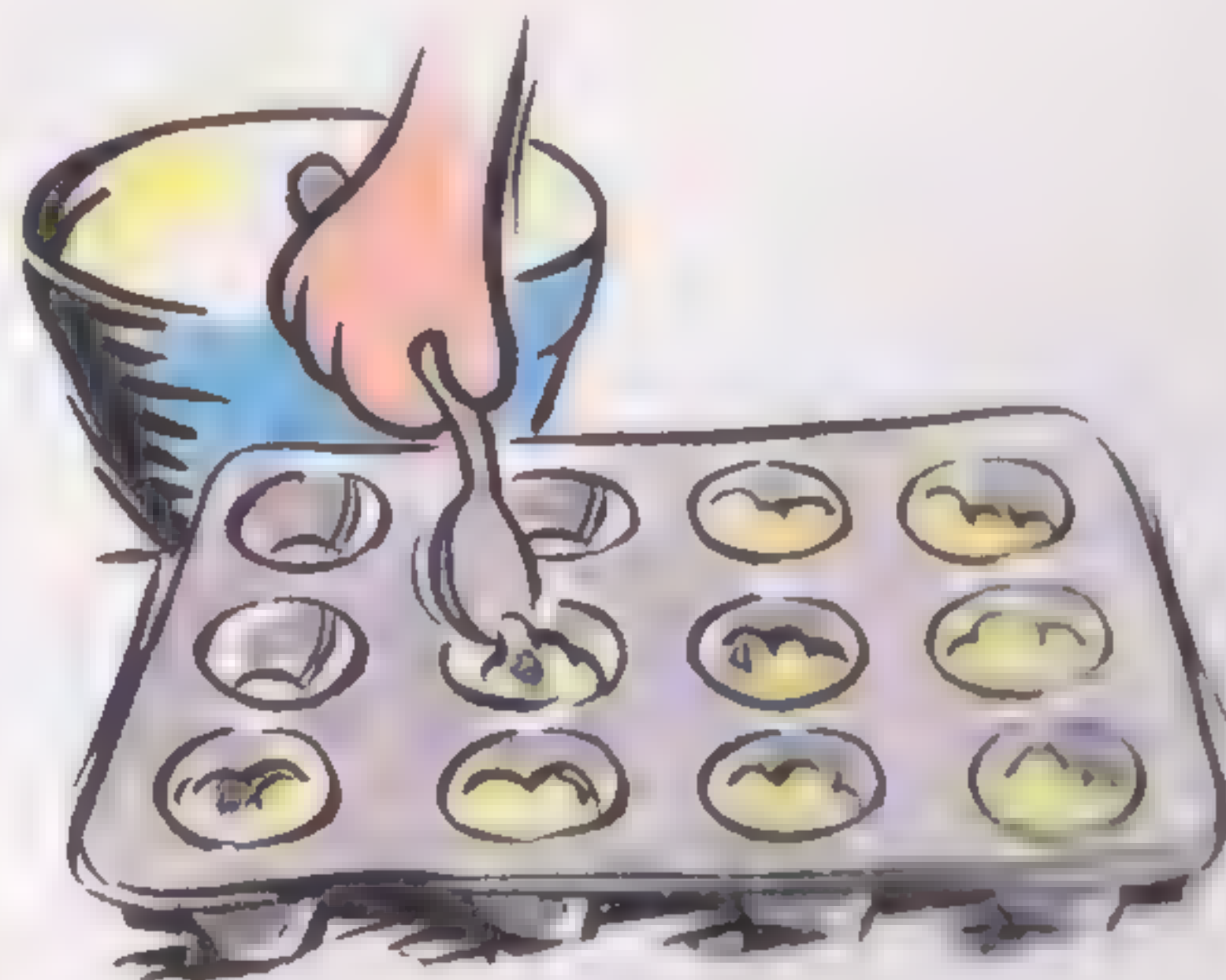
2 Sift flour and baking powder into a large bowl. Stir in sugar, then blueberries.



3 Whisk milk, oil and egg together in a jug. Add to dry ingredients, stirring until just mixed — it will look lumpy.



4 Divide mixture between the 12 muffin tins. Bake for 20 minutes or until risen and golden.



Cook's Tip

For the best results, use room temperature ingredients.

Meringues

4 egg whites
1 cup caster sugar

whipped cream



1 Lightly grease an oven tray.
Preheat oven to 120°C.

2 Using an electric mixer, beat egg whites until peaks form and mixture is shiny.



3 Add half the sugar and beat well. Add remaining sugar and beat well again.

4 Spoon small mounds of meringue onto oven tray. Bake for 1–1½ hours or until meringues are dry, but not brown.



5 Transfer meringues to a wire rack to cool.

6 Sandwich meringues together with whipped cream or serve single meringues with fresh fruit salad and whipped cream.



Cook's Tip

Bringing the egg whites to room temperature helps give a good volume to the mixture.

For the best results, use room temperature ingredients.

Meringues can be stored for up to 1 week in an airtight container.



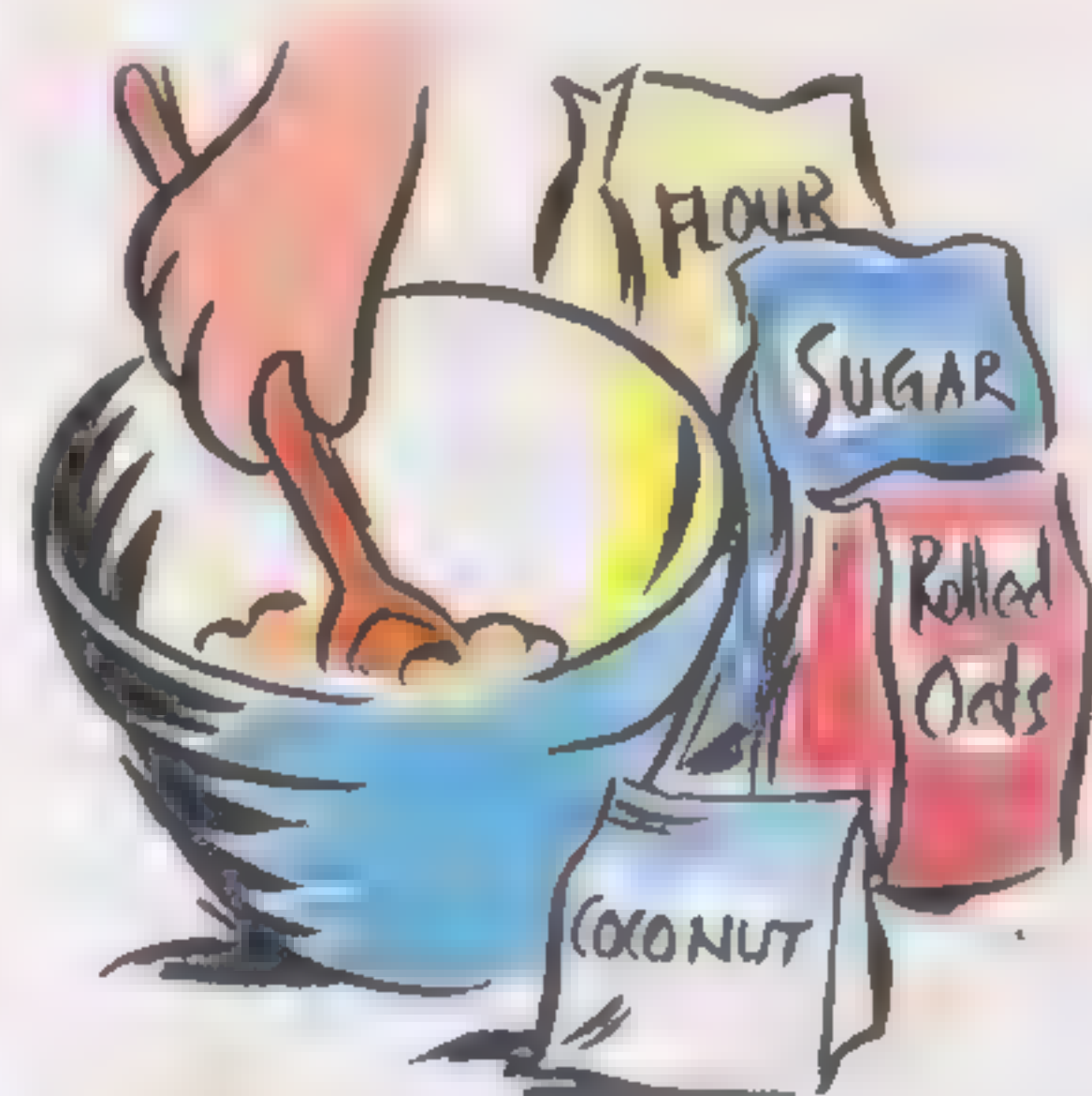
Anzac Biscuits

½ cup Champion standard grade flour
½ cup sugar
¼ cup coconut
¼ cup Fleming's rolled oats

100 g butter
1 tablespoon golden syrup
½ teaspoon Edmonds baking soda
2 tablespoons boiling water

1 Preheat oven to 180°C. Grease 2 oven trays.

2 In a bowl mix together flour, sugar, coconut and rolled oats.



3 Place butter and golden syrup in a small saucepan. Stir over a low heat until melted.

4 Place baking soda in a cup. Pour over the boiling water and stir. Mix into butter mixture.

5 Stir butter mixture into dry ingredients.



6 Measure level tablespoons of mixture and place 4–5 cm apart on the oven trays. Bake for about 15 minutes or until golden. Transfer to wire racks to cool. Makes 22.



Melting Moments



100 g butter, softened
½ cup icing sugar
1 cup Champion standard grade flour
1 cup Edmonds Fielder's cornflour
½ teaspoon Edmonds baking powder

Vanilla Icing
1 cup icing sugar
¼ teaspoon vanilla essence
1 teaspoon butter
a little boiling water to mix

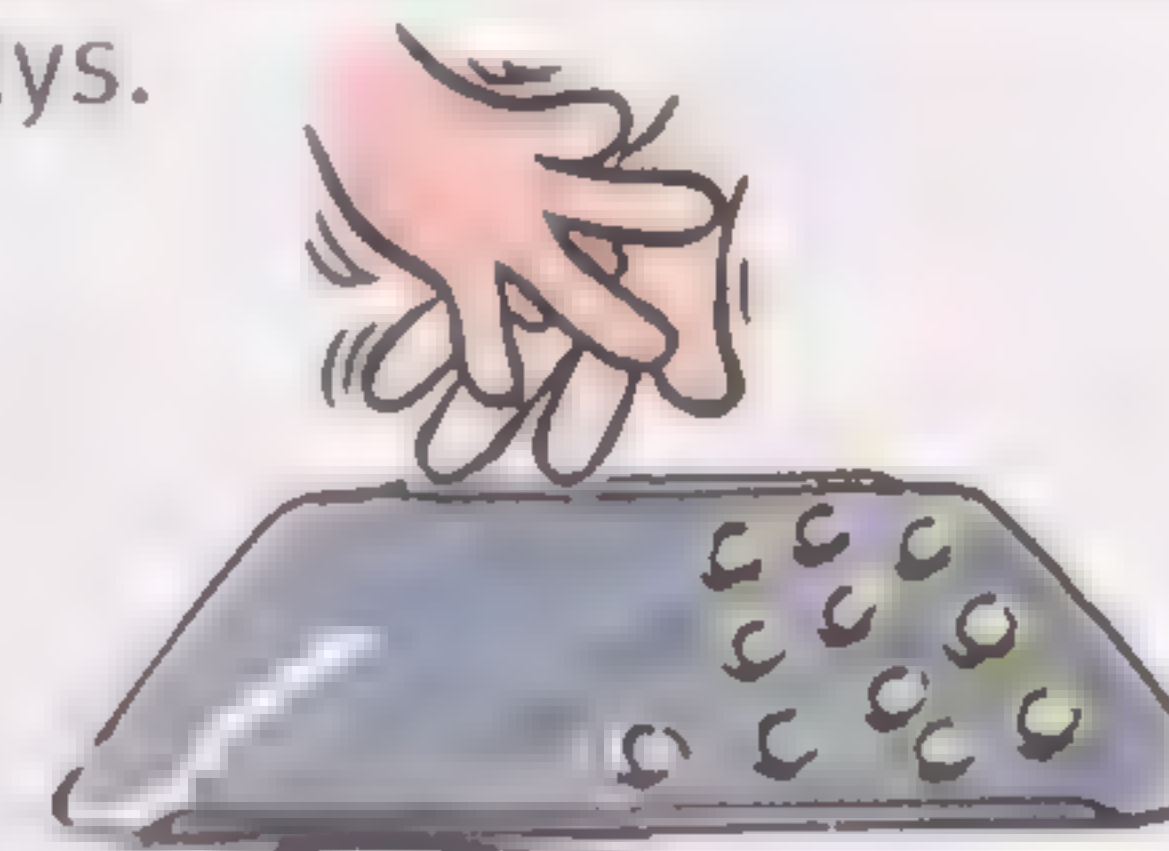
1 Grease 2 oven trays. Preheat oven to 180°C.

2 Beat butter and icing sugar until light and creamy.

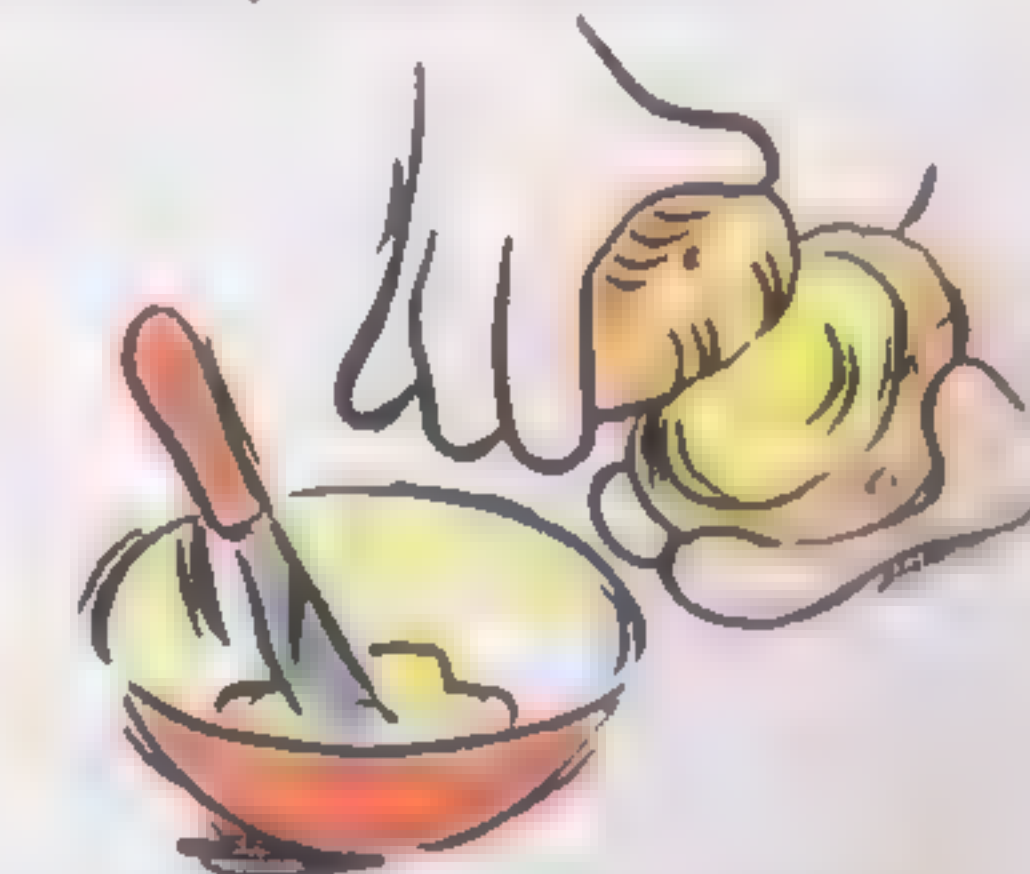


3 Sift flour, cornflour and baking powder into a bowl. Add to creamed mixture. Mix well.

4 Roll dough into small balls (the size of large marbles) and place on oven trays.



5 Flatten slightly with a floured fork. Bake for 20 minutes. Transfer to wire racks. When cold, sandwich 2 biscuits together with Vanilla Icing.



6 To make the icing, place icing sugar, essence and butter in a bowl. Add enough water to mix to a spreadable consistency. Makes 16.



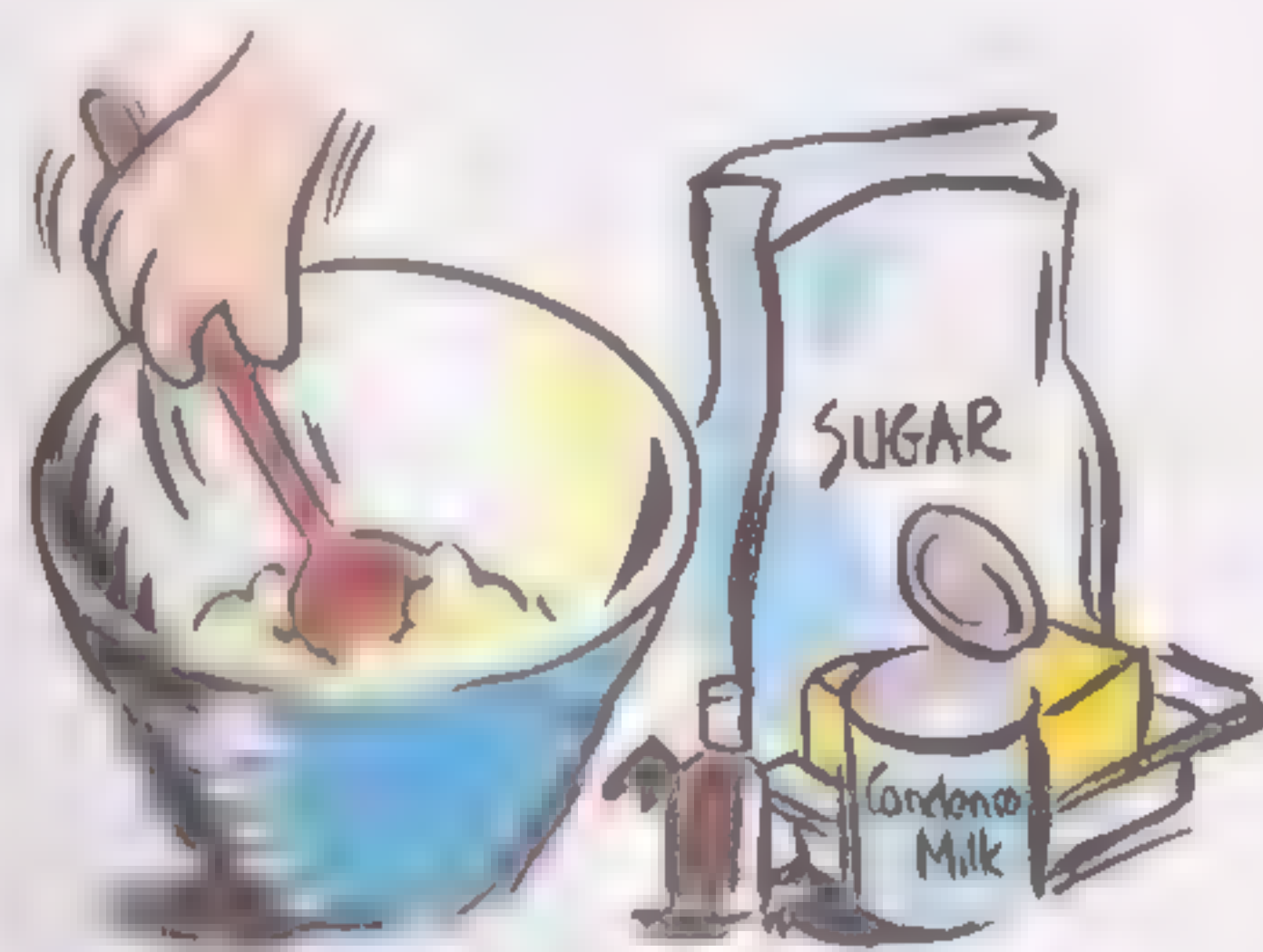
Chocolate Chippie Biscuits

125 g butter, softened
¼ cup sugar
3 tablespoons sweetened condensed milk
2 drops vanilla essence

1½ cups Champion standard grade flour
1 teaspoon Edmonds baking powder
½ cup chocolate chips

1 Grease an oven tray. Preheat oven to 180°C.

2 Beat together butter, sugar, condensed milk and essence until light and creamy.



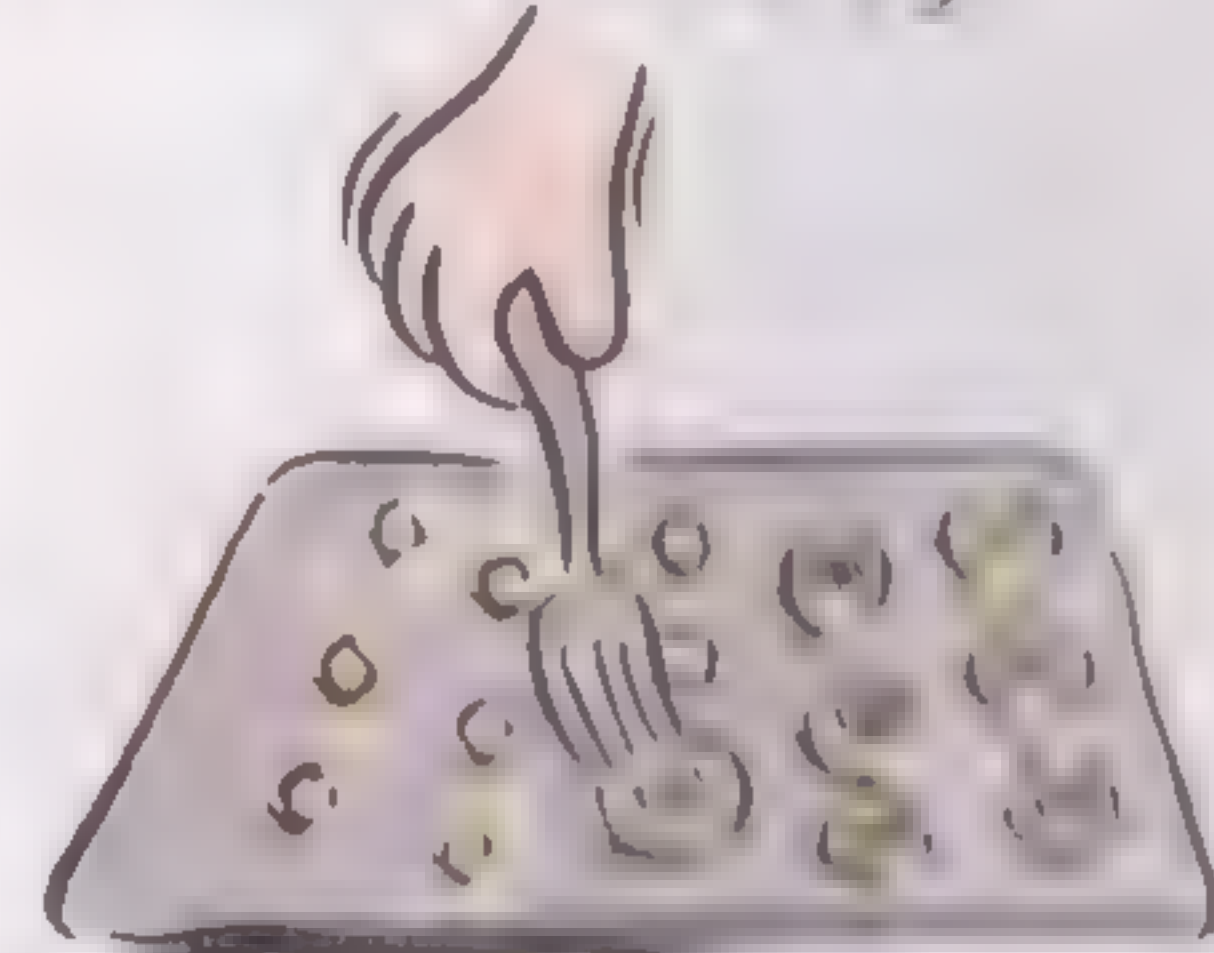
4 Take tablespoons of mixture and roll into balls. Place on oven tray.



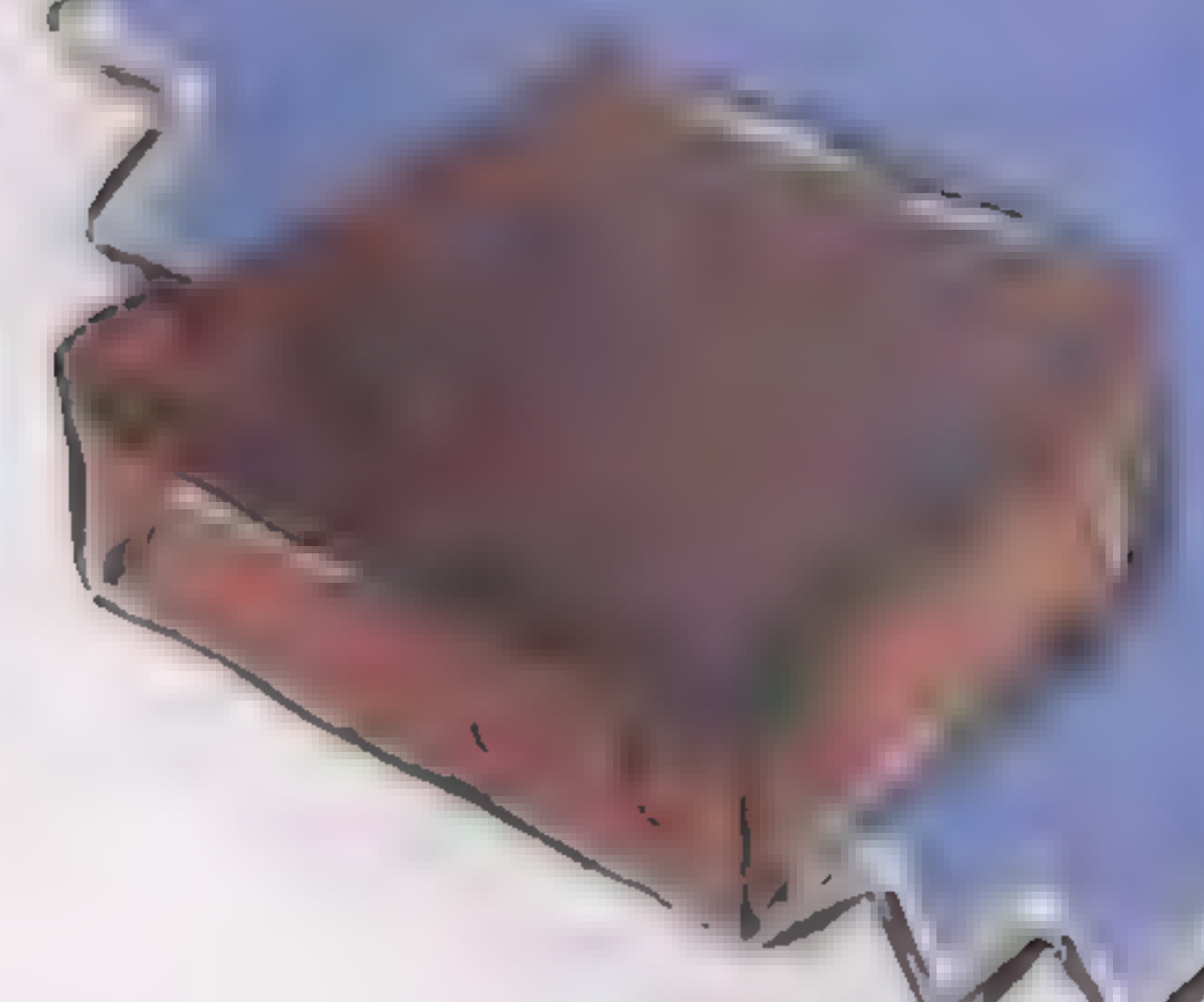
3 Sift flour and baking powder into a bowl. Stir flour and chocolate chips into butter mixture. Mix well.



5 Flatten biscuits slightly with a floured fork. Bake for 18–20 minutes until golden. Transfer to a wire rack to cool. Makes 25.



Chocolate Slice



1½ cups Champion standard grade flour
1½ teaspoons Edmonds baking powder
1 tablespoon cocoa
1 cup coconut
½ cup sugar
½ cup chopped walnuts
175 g butter

1 teaspoon vanilla essence
1 tablespoon golden syrup

Chocolate Icing

1½ cups icing sugar
¼ cup cocoa
1 teaspoon soft butter
a little hot water to mix

1 Preheat oven to 180°C. Grease a 20 x 30 cm shallow baking tin.

2 Sift flour, baking powder and cocoa into a bowl. Stir in coconut, sugar and walnuts. Set aside.

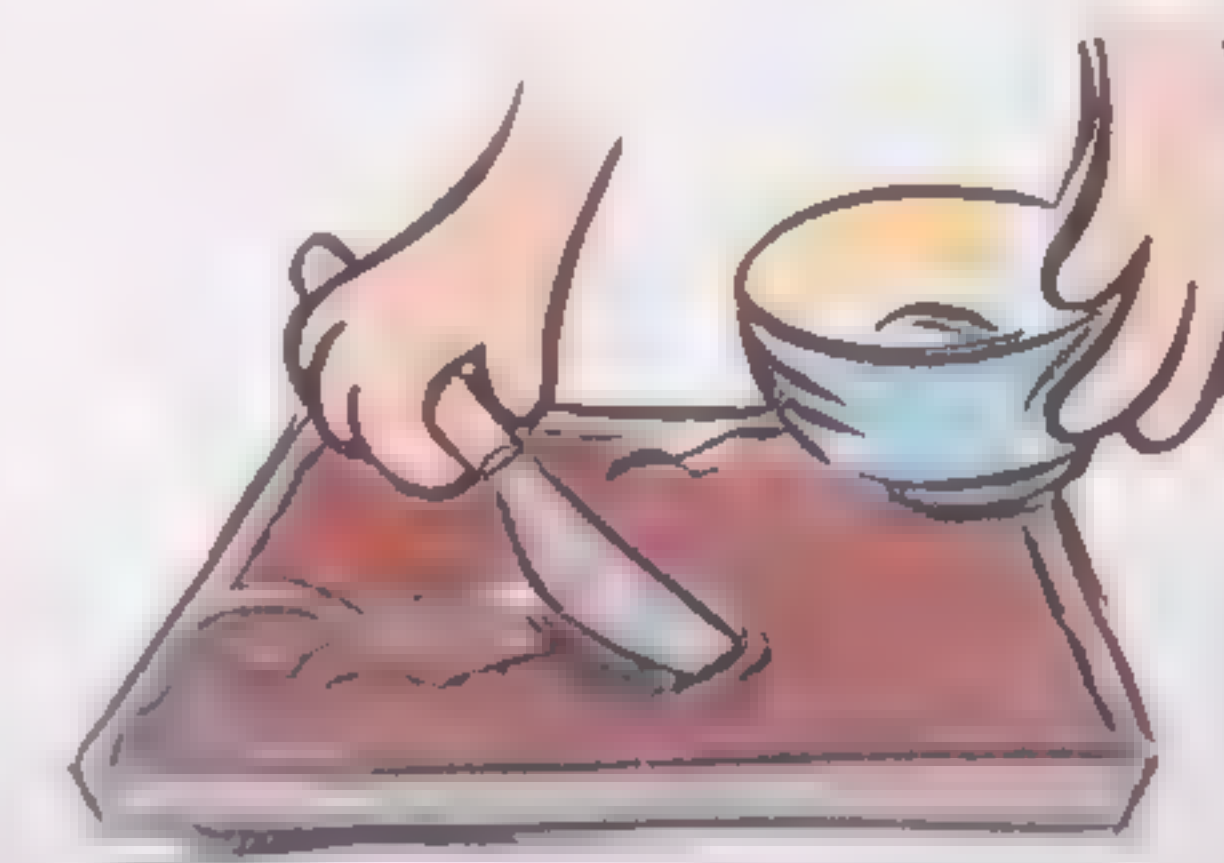


3 Combine butter, essence and golden syrup in a saucepan. Stir over a low heat until butter has melted.



4 Add to dry ingredients. Mix well. Press evenly into tin. Bake for 20–25 minutes.

5 When cold, spread with Chocolate Icing. To make icing, mix all ingredients together in a bowl.





No-bake Slice

250 g packet plain sweet biscuits
e.g. digestive biscuits
100 g butter
¼ cup sweetened condensed milk
1 cup icing sugar
¼ teaspoon almond essence
70 g ground almonds
¼ cup chopped walnuts

Chocolate Icing
1 cup icing sugar
1 tablespoon cocoa
1 teaspoon soft butter
1–2 tablespoons hot water

1 Lightly grease a shallow 20-cm square baking tin.

2 Crush biscuits into crumbs in a plastic bag, using a rolling pin, or put biscuits in a blender.



3 Put butter and condensed milk in a medium saucepan. Stir over a low heat until butter has melted. Do not allow to boil. Remove from heat.



4 Add biscuit crumbs, icing sugar, essence, almonds and walnuts. Mix well.



5 Refrigerate until firm, then spread with Chocolate Icing. Cut into small squares when set.

6 To make Icing, combine all ingredients in a bowl. Mix well.

Cup Cakes



145 g butter, softened
1 teaspoon vanilla essence
¼ cup caster sugar
2 eggs
1 ½ cups Champion standard grade flour

1½ teaspoons
Edmonds baking
powder
½ cup milk

Vanilla Icing (see page 65)

1 Place 12 large paper patty cases in deep muffin tins. Preheat oven to 180°C.

2 Beat together butter, essence and sugar until light and creamy. Add eggs one at a time, beating well after each addition.



3 Sift flour and baking powder into a bowl. Fold flour into butter mixture. Stir in milk.



4 Spoon mixture into patty cases. Bake for about 16 minutes or until golden.



5 Transfer to a wire rack to cool. When cold spread with Vanilla Icing (see page 65).





Coconut Chocolate Brownies

125 g butter
¼ cup cocoa
1 cup sugar
2 eggs
1 teaspoon vanilla essence
½ cup coconut

½ cup Champion standard grade flour
½ teaspoon Edmonds baking powder

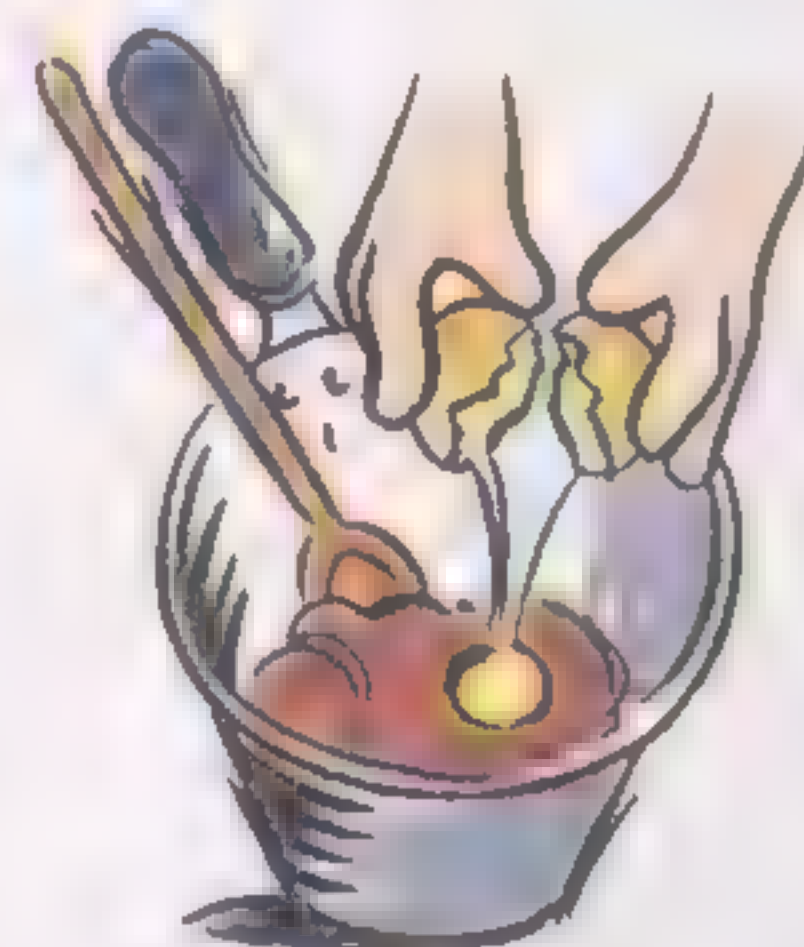
icing sugar to dust

1 Grease a shallow 20-cm square baking tin. Line base with baking paper. Preheat oven to 180°C.

2 Place butter in a medium saucepan. Stir over a low heat until melted. Add cocoa and stir over low heat for 1 minute. Remove from heat.



3 Stir in sugar. Add eggs one at a time, beating well after each addition. Beat in essence and coconut.



4 Sift flour and baking powder into a bowl. Stir flour into chocolate mixture.



5 Pour into prepared tin. Bake for 30 minutes.

6 Leave in tin for 5 minutes, then turn onto a wire rack to cool. When cold, cut into squares and dust with icing sugar.



Animal Biscuits

125 g butter, softened
¼ cup caster sugar
1 egg
1 teaspoon vanilla essence
¾ cups Champion standard grade flour
½ teaspoon Edmonds baking powder

¼ cup cocoa
animal-shaped biscuit cutters
optional: silver balls or small round sweets to decorate
Chocolate Icing (see page 68)

1 Beat butter and sugar until light and creamy. Add egg and beat well. Beat in essence.

2 Sift flour, baking powder and cocoa into a bowl. Stir into butter mixture. Mix well.



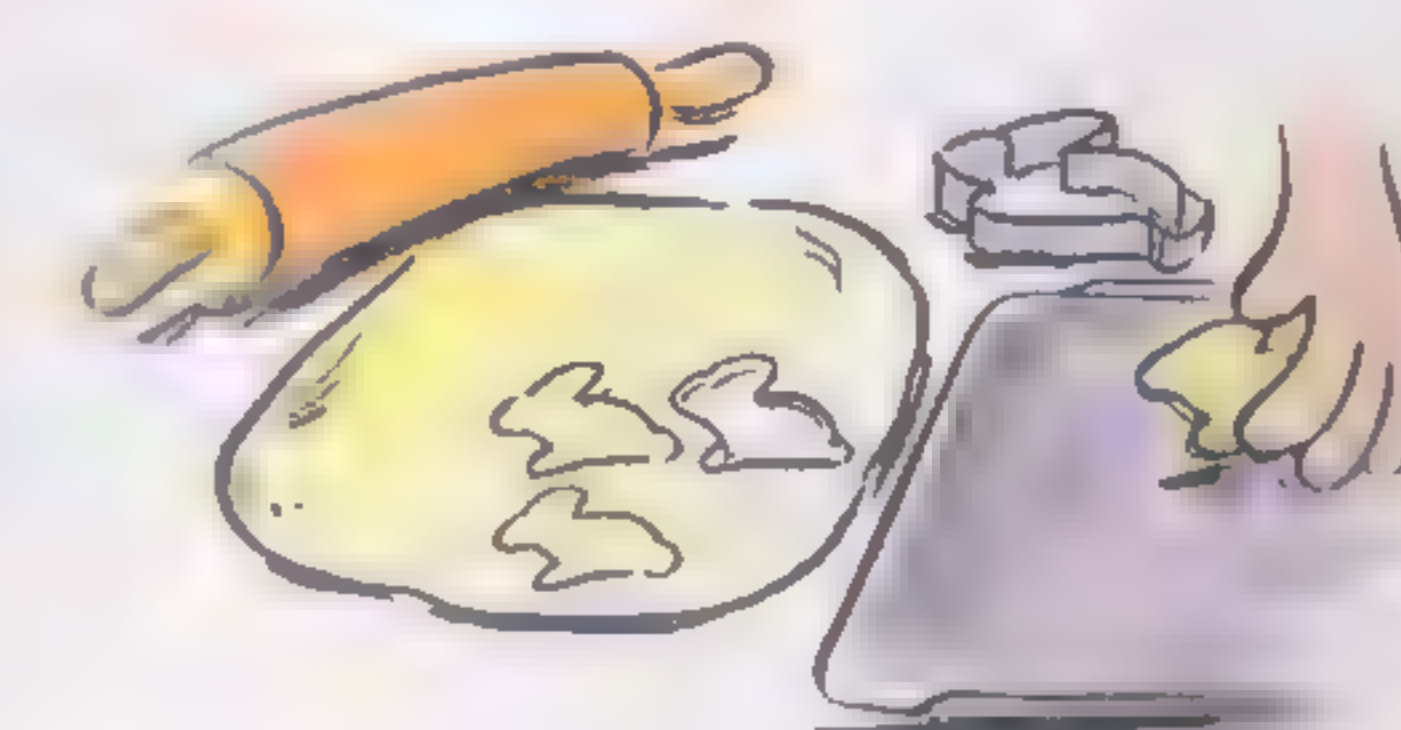
3 Shape dough into a ball. Cover with plastic wrap and refrigerate for 30 minutes.



4 Grease 2 oven trays. Preheat oven to 180°C. Sprinkle a little flour onto a clean bench. Use a rolling pin to roll dough out to 5 mm thick.

5 Using biscuit cutters, stamp shapes from dough. Place on oven trays. Bake for 12 minutes. Transfer to wire racks to cool.

6 If desired, use silver balls or sweets for facial features etc. on animals. Attach with a little Chocolate Icing (see page 68)





Coconut Chocolate Brownies

125 g butter
¼ cup cocoa
1 cup sugar
2 eggs
1 teaspoon vanilla essence
½ cup coconut

½ cup Champion standard grade flour
½ teaspoon Edmonds baking powder

icing sugar to dust

1 Grease a shallow 20-cm square baking tin. Line base with baking paper. Preheat oven to 180°C.

2 Place butter in a medium saucepan. Stir over a low heat until melted. Add cocoa and stir over low heat for 1 minute. Remove from heat.



3 Stir in sugar. Add eggs one at a time, beating well after each addition. Beat in essence and coconut.



4 Sift flour and baking powder into a bowl. Stir flour into chocolate mixture.



5 Pour into prepared tin. Bake for 30 minutes.

6 Leave in tin for 5 minutes, then turn onto a wire rack to cool. When cold, cut into squares and dust with icing sugar.



Animal Biscuits

125 g butter, softened
¼ cup caster sugar
1 egg
1 teaspoon vanilla essence
¾ cups Champion standard grade flour
½ teaspoon Edmonds baking powder

¼ cup cocoa
animal-shaped biscuit cutters
optional: silver balls or small round sweets to decorate
Chocolate Icing (see page 68)

1 Beat butter and sugar until light and creamy. Add egg and beat well. Beat in essence.

2 Sift flour, baking powder and cocoa into a bowl. Stir into butter mixture. Mix well.



3 Shape dough into a ball. Cover with plastic wrap and refrigerate for 30 minutes.



4 Grease 2 oven trays. Preheat oven to 180°C. Sprinkle a little flour onto a clean bench. Use a rolling pin to roll dough out to 5 mm thick.

5 Using biscuit cutters, stamp shapes from dough. Place on oven trays. Bake for 12 minutes. Transfer to wire racks to cool.

6 If desired, use silver balls or sweets for facial features etc. on animals. Attach with a little Chocolate Icing (see page 68).





Hokey Pokey Biscuits

125 g butter
½ cup sugar
1 tablespoon golden syrup
1 tablespoon milk

1½ cups Champion standard grade flour
1 teaspoon Edmonds baking soda

1 Preheat oven to 180°C. Grease an oven tray. Place butter, sugar, golden syrup and milk in a saucepan. Stir over a low heat until butter has melted. Increase heat and continue stirring until mixture almost bubbles.



2 Remove saucepan from heat and allow mixture to cool.

3 Sift flour and baking soda into a bowl. Stir flour into butter mixture. Mix well.



4 Take tablespoons of mixture and roll into balls. Place on oven tray.



5 Flatten biscuits slightly with a floured fork. Bake for 15–20 minutes or until golden. Transfer to a wire rack to cool. Makes 22.



Apricot Balls

200 g pitted apricots, roughly chopped
¼ cup orange juice
¼ teaspoon citric acid

½ cup icing sugar
1 cup coconut
1 cup fine biscuit crumbs
½ cup coconut, to roll

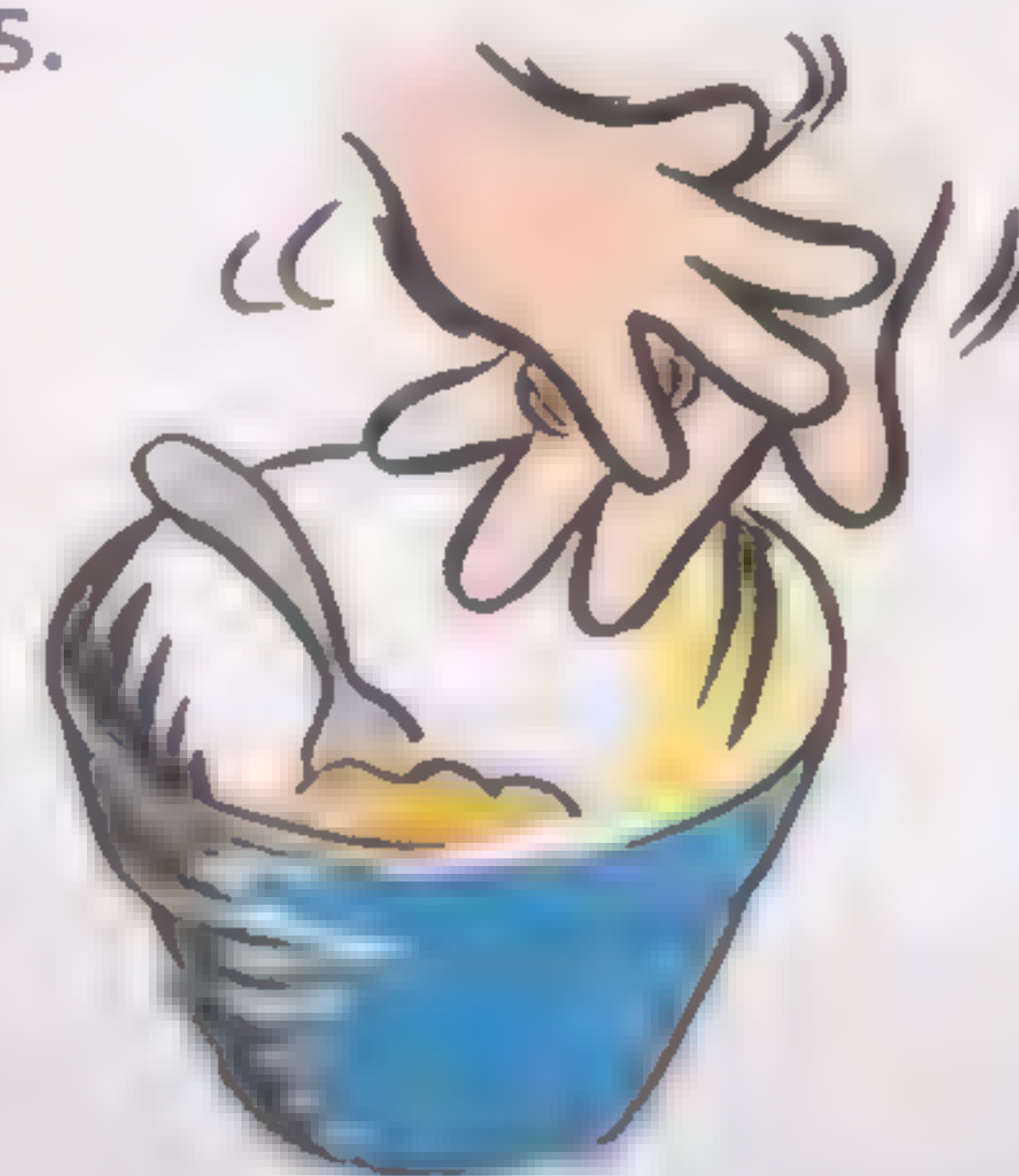
1 Put apricots, orange juice and citric acid into a saucepan. Cover and bring to the boil. Reduce heat and simmer for 10 minutes. Remove from heat and allow to cool.



2 Transfer apricot mixture to a food processor. Blend until smooth, then transfer to a bowl. Stir in icing sugar, first measure of coconut and biscuit crumbs. Mix well.



3 Measure tablespoons of mixture and roll into balls.



4 Place second measure of coconut on a flat plate. Roll balls in coconut to cover. Refrigerate until firm. Makes about 25.





Fudge



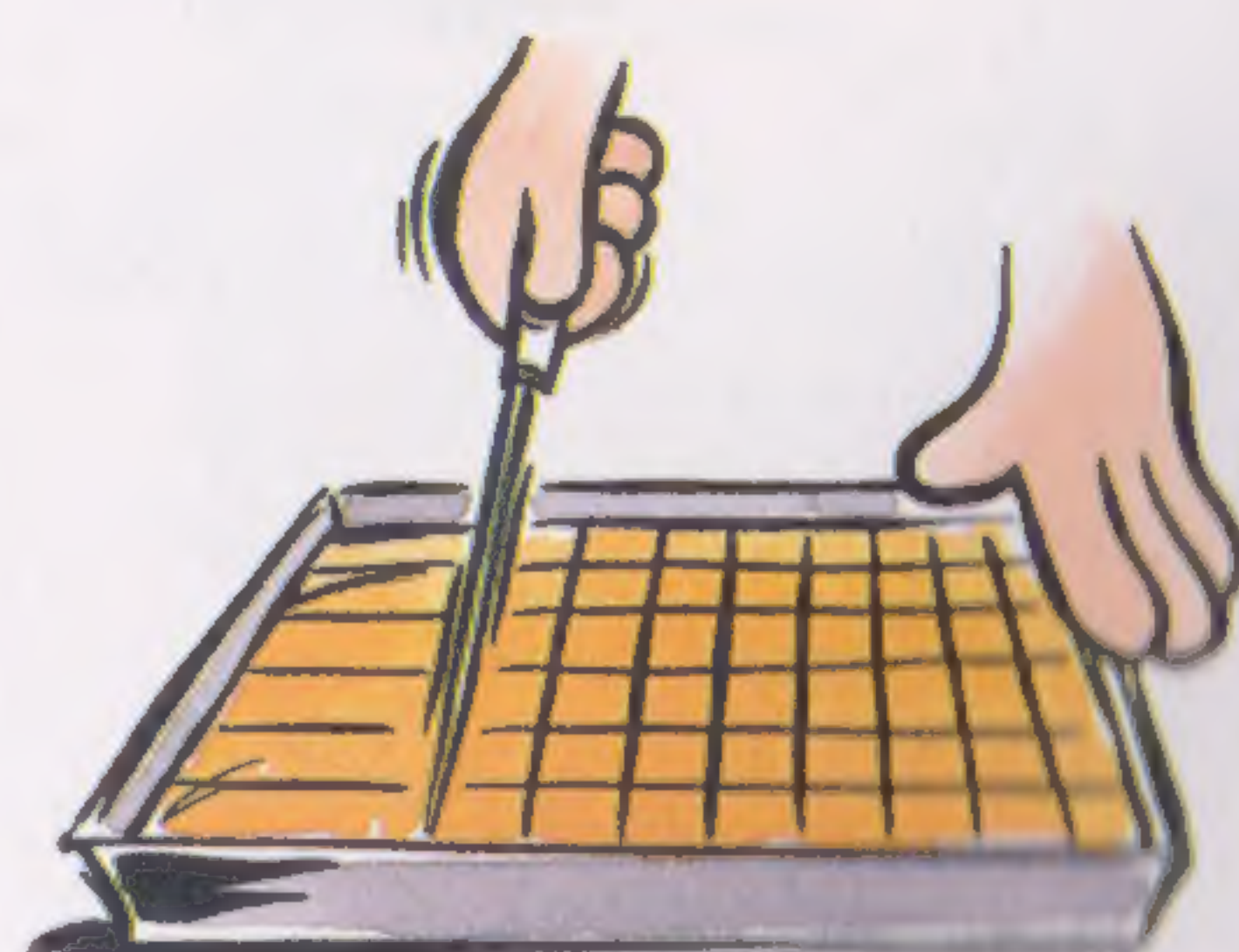
3/4 cups icing sugar
1/4 cup cocoa
125 g butter, chopped

1 teaspoon vanilla essence
1/4 cup milk
1/2 cup chopped walnuts

1 Lightly grease a shallow 20-cm square baking dish.

2 Sift icing sugar and cocoa into a large microwave-proof bowl. Make a well in the centre with a spoon.

3 Put butter, essence and milk in the well. Cover lightly with baking paper. Cook on 100% power for 2 minutes.



5 Pour into the dish and spread evenly. Cool. Cover and refrigerate until firm. Cut into small squares.

Cook's Tip

Store this fudge in the refrigerator.

Rocky Road Treat



250 g dark chocolate
25 g Kremelta
25 marshmallows

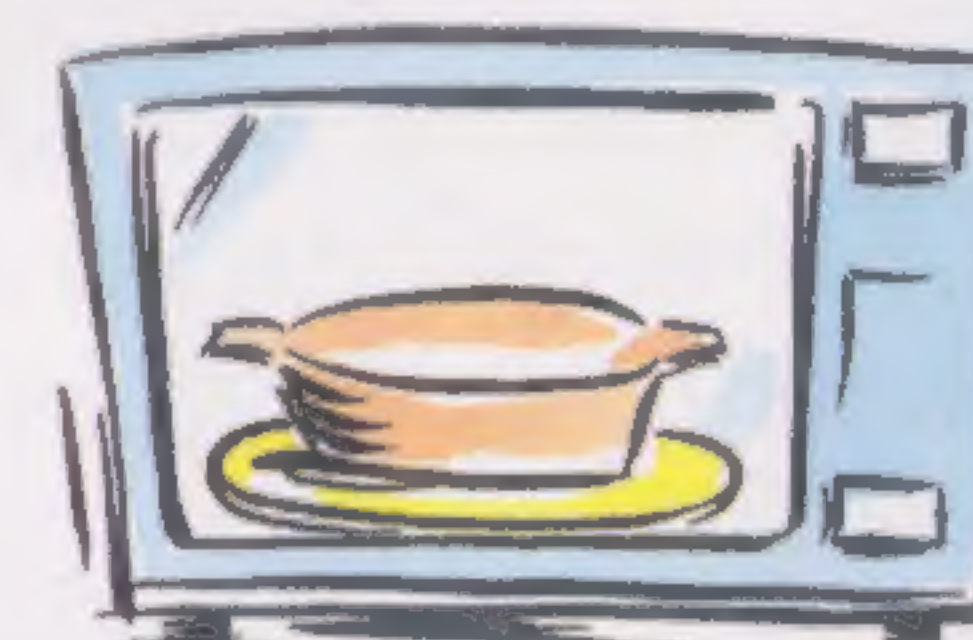
1/2 cup blanched peanuts
1/2 cup coconut

1 Line a shallow 20-cm square baking tin or dish with foil.

2 Break chocolate into pieces. Cut Kremelta into small pieces. Combine in a microwave-proof bowl.



3 Cook on 100% power for 1 minute. Stir well. Cook on high power for 30 seconds more, then stir well. Repeat this step until mixture is smooth.



4 Set chocolate aside to cool for 5 minutes.

5 Combine marshmallows, peanuts and coconut in a bowl. Pour cooled chocolate over marshmallow mixture. Mix well.



6 Spread roughly over base of baking tin. Leave until set. Cut into small squares. Store in the refrigerator.



Cook's Tip

The melted chocolate must be cooled slightly as it will melt the marshmallows if poured over while hot.



Special Occasion Heart Cake

250 g butter, chopped
2 cups milk
1 teaspoon Edmonds baking soda
2 teaspoons vanilla essence
4 eggs
4 cups Champion standard grade flour
4 teaspoons Edmonds baking powder

$\frac{1}{2}$ cup cocoa
 $1\frac{1}{2}$ cups sugar

Chocolate Icing

2 cups icing sugar
2 tablespoons cocoa
 $\frac{1}{4}$ teaspoon butter
about 2 tablespoons boiling water

1 Preheat oven to 180°C . Grease a 20-cm-diameter and a 20-cm square baking tin. Line bases with baking paper.

2 Make cake — follow Steps 2–4 of Chocolate Cake recipe on page 56.

3 Divide mixture between the 2 tins so the level of mixture in both tins is equal. Bake for 45 minutes.

4 Leave cakes in tins for 5 minutes, then turn onto wire racks. When cold, place square cake on a tray to form a diamond shape.

5 Cut round cake in half. Place cut edges against top edges of diamond to form a heart.

6 To make the icing, sift icing sugar and cocoa into a bowl. Add butter. Add enough hot water to make a thick, smooth mixture.

7 Cover all of the cake, including the sides, with icing.



Special Occasion Heart Cake Decorations

$\frac{1}{4}$ cup white chocolate melts or heart-shaped sweets or silver balls, to decorate

1 To make white chocolate hearts, melt chocolate according to instructions on packet.

2 Cover a chopping board with foil. Spread chocolate onto foil so it is 3 mm thick.



3 Leave chocolate for 2 minutes until it begins to set, then stamp out hearts using a heart-shaped biscuit cutter.



4 Decorate cake with the chocolate hearts or heart-shaped sweets or silver balls.





Chocolate-dipped Goodies

½ cup chocolate melts

24 goodies for dipping, e.g. strawberries, marshmallows, dried apricots or banana (cut into 1.5-cm lengths)

1 Cover a plate or small tray with foil. Break chocolate into pieces. Place in a heatproof bowl.



2 Pour water into a small saucepan to a level of 2 cm. Bring water to the boil. Reduce heat so water is just simmering.

3 Sit bowl of chocolate over just simmering water. Stir constantly until chocolate has melted.



4 Carefully remove bowl from heat. Dip goodies, one at a time, into chocolate to half cover. Place on foil and leave to dry.



5 Serve banana immediately. Strawberries should be refrigerated and served within 4 hours.

Cook's Tip

• Stored in an airtight container in a cool place (not refrigerated), marshmallows and apricots will keep for several days.

• To melt chocolate in a microwave, follow Step 3 on page 75.



Baking and Sweet Treats Presentation Ideas

A number of recipes in this book make great gifts. There is something very special about receiving homemade goodies. Here are some attractive, inexpensive ideas for packaging goodies for giving.

Recipes suitable for wrapping include any of the cakes, biscuits or slices, Apricot Balls, Fudge, Rocky Road Treat and the Chocolate-dipped Goodies.

1 Decorate sheets of plain brown or white paper with drawings or stamped pictures. Use this paper to cover a box and lid. Place goodies in a clear plastic bag (to keep them fresh) and tie the top. Place in box. Cover with lid. If desired, tie ribbon around the box.



2 Place goodies in the centre of a large sheet of cellophane. Bunch cellophane around goodies and tie with shredded flax or ribbon. For added decoration, use a couple of stickers to hold the ribbon ends against the cellophane.

3 Biscuits look great stacked on top of each other then wrapped in cellophane. Place a sheet of cellophane on a flat surface. Stack biscuits in the middle of the cellophane, then bunch the cellophane around the stack. Tie top with brown string or ribbon.



4 To make a cracker, arrange goodies in a log shape in the centre of a sheet of cellophane. Bunch ends up and tie with string or ribbon. If desired, wrap corrugated cardboard around the log and staple in place. This will hide the goodies from view!



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